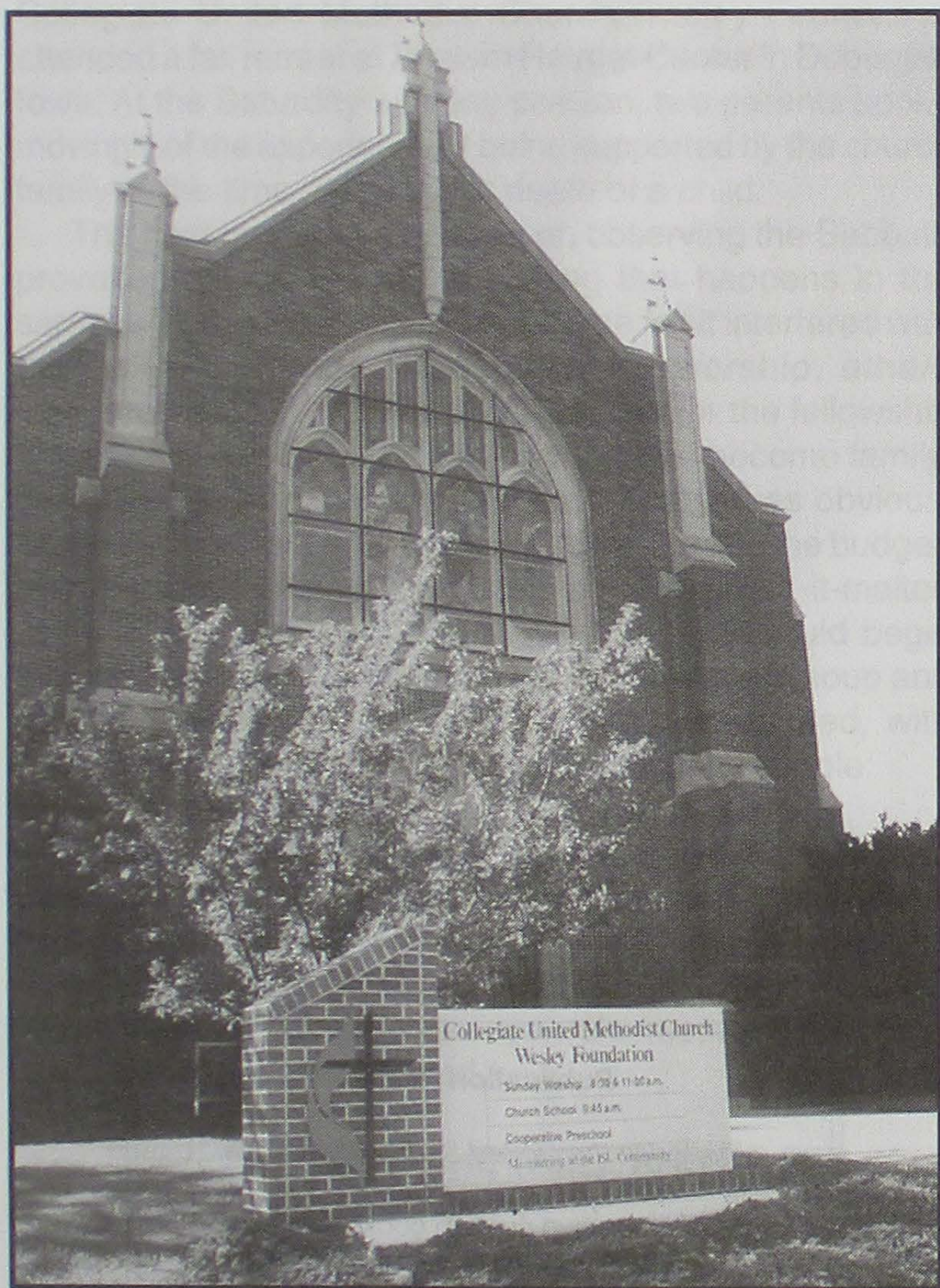


Souper Suppers

Collegiate
United Methodist Church
Wesley Foundation



Souper Suppers



**Collegiate
United Methodist Church
Wesley Foundation**

Publication #9969

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HOW SOUP SUPPERS BEGAN

In the fall of 1997, a group of 25 or so members of Collegiate United Methodist Church/Wesley Foundation attended a fall retreat at Shalom Retreat Center in Dubuque, Iowa. At the Saturday evening session, two parents spoke movingly of the experience of being supported by the church family at the time of the tragic death of a child.

The next morning, a session on observing the Sabbath provoked discussion of the visiting that happens in the sanctuary prior to worship. While some felt it interfered with the quiet desired in preparation for worship, others wondered what other time was available for the fellowship that allows us to truly know each other and become family.

The need for a weekly fellowship dinner was obvious. Stumbling blocks to that ends-no money for it in the budget, no committee established to plan and execute it-melted away. It was quickly and easily decided we would begin that Wednesday with a core menu of homemade soup and homemade bread; others would fill in, as desired, with potluck dishes to share. The "rules" would be simple:

1. Everyone is always welcome.
2. Bringing a dish to share is optional, not a requirement.
3. No money to be collected.
4. Kitchen help is always welcome, and
5. No guilt is allowed.

SIMPLY COME TO THE TABLE AND BE FED.

The Soup Supper cookbook is dedicated to those people whose vision inspired the Wednesday night soup suppers, to those who make the soup, to those who eat the soup and bring potluck salads and desserts to share and to those who clean up and wash dishes. In short, this cookbook is dedicated to all who make the soup suppers possible and enjoy the church family atmosphere, who enjoy the fun and fellowship the suppers provide, whether they use a high chair or a walker, and to all those in between.

The profits from this cookbook will be used to allow people who do not have the resources we enjoy to have better meals, to encourage our faith community to understand the needs of others and to provide funds to continue and perhaps expand the soup supper project.

Thank you: To those who cook, to those who enjoy the food, to those who help in any way to support the soup suppers.

Thank you: To the businesses who decided to advertise in the cookbook: Fareway, HyVee (West) and HyVee (Lincoln Center). These companies have also actively helped with other church projects in the past. We at CUMC/WF are blessed by a supportive business community, especially these fine stores.

Thank you: To all the people who contributed their recipes. These recipes were special to them. They were willing to share their best. We received an overwhelming number of recipes, each tested by the donor and proclaimed a family favorite worthy of sharing with their church family.

Some recipes (marked with a *) are from the previous cookbook published in 1991. These cooks have moved away or died. Their recipes lived on and we remember those cooks when we make their special recipes.

Thank you: For purchasing this Soup Supper cookbook. Enjoy cooking and eating these new recipes.

Cookbook Committee
Dolores Brown
Sherry Davidson

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**Collegiate United Methodist Church
& Wesley Foundation**

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Ames, Iowa 50014-7296

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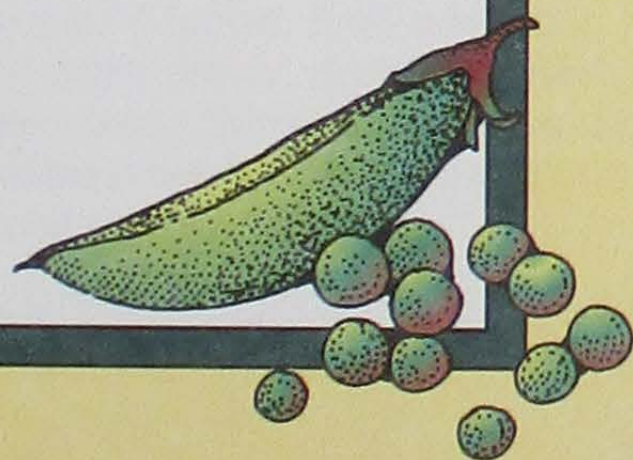
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Soups



QUICK BLACK BEAN SOUP

Tim and Kathryn Gossett

1 T. olive oil
1 large onion, finely chopped
4 cloves garlic, pressed
4-1 lb. cans black beans,
drained and rinsed
Juice of 1/2 lemon
Ground cumin to taste

1/2 tsp. dried oregano
2 T. chopped fresh parsley
Ground pepper, to taste
Low-fat sour cream
3 scallions, thinly sliced
Plain corn chips

Heat the oil in a soup pot. Sauté the onion over moderate heat until translucent, about 3 to 4 minutes. Add the garlic and sauté until the onion is golden, about 3 to 4 minutes. Add the remaining ingredients except the sour cream and scallions. Add 4 cups of water. Bring to a simmer. Mash some of the beans with a potato masher, just enough to thicken the liquid soup base. Cover and simmer gently but steadily for 10 minutes. Top with a scoop of sour cream and a sprinkling of scallions. Serve with plain corn chips.

NOTE: Can substitute low-fat yogurt for the low-fat sour cream.

CREOLE BEAN SOUP

Dolores Brown

2 oz. diced salt pork (or bacon)
1/4 C. chopped onion
1/4 C. flour
1 qt. water
2 C. diced raw potatoes
1 C. chopped celery

1/2 C. sliced carrots
2 C. tomatoes, canned
2 tsp. salt
2 C. cooked navy beans
1 T. chopped green pepper
1 T. chopped parsley

Pan-fry pork or bacon in saucepan until brown, then add onion and cook until soft. Blend in flour, add water slowly, stirring constantly to keep mixture smooth. Add potatoes, celery, carrots, tomatoes and salt. Cover and cook gently until vegetables are soft. Add beans and simmer about 10 minutes. Stir in pepper and parsley. Serves 6.

If you see someone without a smile - give him one of yours.

GARBANZO BEAN SOUP

Margy Howe

- | | |
|---|----------------------------------|
| 2 cans garbanzo bean | 1 lb. bacon |
| 1-16 oz. can whole tomatoes
or 6 fresh | 2 to 3 C. chopped ham, bite size |
| 6 to 8 white potatoes,
cut bite size | 1 tsp. oregano |
| 1 green pepper, cut bite size | 1 tsp. parsley |
| 1 large onion, chopped | 1 tsp. sweet basil |
| | 1/2 to 3/4 T. chili powder |
| | Bay leaves |

Simmer bacon; add seasonings, then other ingredients. Cook 2 to 3 hours.

MEXICAN BEEF-BEAN SOUP

Dolores Brown

- | | |
|---|-------------------------|
| 1/2 lb. dried red kidney beans
or garbanzo beans
(chick peas) | 2 cloves garlic, minced |
| 2 1/2 lbs. beef short ribs | 1 C. chopped celery |
| 4 C. canned tomatoes | 2 tsp. salt |
| 2 onions, minced | 1/2 tsp. pepper |
| | 1 tsp. chili powder |

Wash beans, cover with warm water and let stand overnight. Drain. Brown short ribs in large kettle. Add beans and 4 cups hot water. Bring to boil, cover and simmer 2 hours, adding more water if necessary to keep meat covered. Remove ribs and cut meat from bones. Discard bones and fat and put meat back in kettle. Add remaining ingredients and simmer, covered, 1 hour longer, adding more water if necessary. Serves 6 to 8.

The remedy for wrongs is to forget them.

RAINBOW BEAN SOUP MIX

Ann Herriott

3/8 C. each of the following:

Dried red beans

Dried lentils

Dried navy beans

Dried black beans

Dried split peas

Seasonings: Mix and place in a thin plastic bag

1 T. dried minced onion

1/2 tsp. chili powder

1 T. beef bouillon granules

1/2 tsp. garlic powder

1 T. dried parsley flakes

1/2 tsp. pepper

1 tsp. dried basil

1/2 tsp. dried oregano

1 tsp. powder lemonade mix
with sugar

NOTE: This recipe can also be placed in a pint size jar. It can also be doubled to fit in a quart jar, but change the gift tag to add 8 cups water and one 28 ounce can tomatoes.

RAINBOW BEAN SOUP

Remove seasoning packet. Set aside. Rinse beans. Place beans in a large microwave safe dish. Cover with water 1" over top of beans. Cover loosely with plastic wrap. Microwave on high 15 minutes, rotating after 7 minutes. Drain and rinse beans very well. Place beans in a large pot. Add 5 cups water and one 14.5 ounce can crushed tomatoes and seasonings from packet. Cover, bring to a boil. Lower heat, cover pan and simmer 1 1/2 hours or until beans are tender. Stir occasionally. Makes 8 cups.

OPTIONAL: Add 3 cups diced ham when adding water, tomatoes and seasonings.

SENATE BEAN SOUP

Dolores Brown

Wash and soak overnight 1 pound dried beans (navy, pea or Great Northern) in water to cover. Next morning, add water to make 5 quarts. Add a smoked hambone with some meat on it or sizeable ham hock. Simmer about 2 hours or until beans begin to mush. Add 3 medium potatoes which have been cooked and mashed, 1 cup chopped onion, 1 cup chopped celery, 2 minced cloves of garlic. Simmer 1 hour. Remove bone, cut up meat and return to soup. Season to taste with salt and pepper. Makes 4 1/2 quarts.

BEAN SOUP WITH KALE

Betty Barton

- | | |
|---------------------------------|----------------------------------|
| 1 T. olive or canola oil | 4 small tomatoes chopped |
| 8 large garlic cloves, minced | or canned chopped tomatoes |
| or 2 to 3 T. chopped garlic | 2 T. dried Italian seasoning |
| 1 onion, chopped | (I use spicy spaghetti seasoning |
| 4 C. (1 bunch) kale, chopped | but any with thyme, rosemary, |
| 4 C. chicken or vegetable broth | basil, oregano) or |
| 2-15 oz. cans white beans | 1/4 C. fresh herbs |
| (navy, cannelline or northern) | Salt and pepper to taste |
| undrained (about 3 C.) | Garnish fresh chopped parsley |

In large pot, sauté garlic and onions in olive oil until soft. Add kale and stir until wilted. Add 3 cups of broth and 2 cups of beans, all the tomatoes and seasonings. If in a hurry, can add all of the beans and broth. Simmer 15 minutes. In a blender or food processor mix the remaining broth and beans and add to soup to thicken. Simmer all 15 minutes. Garnish individual bowls with parsley. Serves 6 to 8.

SOUR CREAM BROCCOLI SOUP

Faith Finnemore

- | | |
|---------------------------------|----------------------------|
| 3-10 oz. pkgs. frozen broccoli | 3 cans mushroom soup |
| 1 medium onion, chopped | 3-8 oz. cartons sour cream |
| 2-14 1/2 oz. cans chicken broth | |

Cook broccoli and onion in chicken broth. Add mushroom soup. Bring to boil. Add sour cream and heat but do not boil. May add cooked chicken and use fresh chicken broth.

It is good to let a little sunshine out as well as in.

BROCCOLI CHEESE SOUP

Ruby Buck

To Serve 5:

2 T. onion
2 T. margarine
3 T. flour
1/2 tsp. salt
2 C. milk
1 C. cheese
2 chicken bouillon cubes
1 1/2 C. boiling water
1-10 oz. pkg. frozen broccoli
1/4 tsp. pepper

To Serve 100:

2 1/2 C. onion
2 1/2 C. margarine
3 3/4 C. flour
4 T. salt
2 1/2 gals. milk
20 C. cheese
40 chicken bouillon cubes
30 C. boiling water
3 to 4 bunches fresh broccoli
(11 to 12 cups) or 20 pkgs.
frozen broccoli
5 tsp. pepper

Cook broccoli until tender in boiling water in which the bouillon has been dissolved. In another pot, cook onion in margarine until soft. Blend in flour, salt and pepper. Add milk and cook, stirring constantly, until mixture comes to a boil and is thickened. Add cheese and stir until melted. Remove from heat. Add broccoli and cooking liquid from other sauce pan to cheese mixture. Heat to serving temperature.

NOTE: You may peel and grind broccoli stems. You may wish to hold on the salt until all is cooked, there is salt in the cheese and bouillon. Watch closely as the large amount will stick and burn in the bottom of the soup pot.

CABBAGE PATCH SOUP

Jane Kennedy

3/4 lb. ground beef
1/2 medium onion, chopped
3 celery ribs, chopped
3 1/2 C. cabbage, chopped
16 oz. can kidney beans, rinsed
and drained

3 C. beef broth
1 can diced tomatoes, undrained
8-oz. can tomato sauce
2 medium carrots
1/4 tsp. sugar

In Dutch oven, brown beef, celery and onion. Add remaining ingredients and bring to a boil. Cover and simmer for 1 hour or until cabbage and carrots are tender. Serves 8.

HUNGARIAN CABBAGE SOUP

Margy Howe

- | | |
|---|--|
| 3 T. vegetable oil | 1 small cabbage, chopped
(about 5 C.) |
| 1 1/2 lbs. ground beef | 1 large potato, peeled, cut into
bite size pieces |
| 1 T. salt | 1/2 C. uncooked rice |
| 1-15 oz. can diced tomatoes,
undrained | 1-15 oz. can light red kidney
beans, undrained |
| 2-14 1/2 oz. cans beef broth | 1 tsp. black pepper, or to taste |
| 2-14 1/2 oz. cans chicken broth | |
| 1 T. chili powder | |

Heat oil in Dutch oven over medium heat and add garlic and onions. Cook and stir for 3 minutes until onions are transparent. Add ground beef and cook over medium-high heat until browned, about 10 to 12 minutes, stirring to ensure larger pieces. Add salt and cook 3 minutes. Add tomatoes, beef broth, chicken broth and chili powder. Bring to a boil and add cabbage. Cover, reduce heat to low and simmer 30 minutes. Skim off excess fat. Add potato, rice and beans. Cover and simmer 15 to 20 minutes or until rice is done. Add pepper to taste.

*Smiles are like the sunshine
They freshen up our day,
They tip the pearls of life with light
And drive our cares away.*

SAM'S CREAM OF CARROT TOMATO SOUP

Deborah Blaedel

4 C. peeled red ripe tomatoes, fresh or canned	3 T. flour
2 lbs. medium size carrots	1 1/4 C. chicken broth
6 T. butter	3 C. milk
Salt to taste	1 C. heavy cream
Freshly ground pepper	Tabasco sauce to taste
1/4 C. water	1/4 C. chopped dill (use 1/2 if dried)
	1 C. sour cream

Put tomatoes in saucepan and cook uncovered 30 minutes. Trim carrots and scrape them. Cut carrots into 1/4" rounds. Heat half the butter in a heavy saucepan and add the carrots. Cook briefly stirring, and add salt and pepper to taste. Add water. Cover closely and cook 30 minutes. Melt remaining butter in a saucepan and add flour, stirring with a wire whisk. Add the chicken broth, stirring rapidly with the whisk. When thickened and smooth, continue cooking about 30 minutes. Combine the carrots, tomatoes, and sauce. Puree the mixture in an electric blender or food processor. Pour it into large saucepan and bring to a boil. Stir in the milk and cream. Add salt and pepper to taste. Add Tabasco sauce and half the dill. Beat the sour cream, adding a little salt to taste. Stir in the remaining dill. Serve the soup hot or cold, with a dollop of sour cream on top. Yields 8 to 12 servings.

If you must strain your eyes, do it looking on the bright side.

TEX-MEX CHEESY CHICKEN CHOWDER

Dolores Brown

- | | |
|--|--|
| 1 large onion, chopped (1 C.) | 1-32 oz. pkg. frozen diced hash brown potatoes |
| 1 C. thinly sliced celery | 1-2.64 oz. pkg. country gravy mix |
| 2 cloves garlic, minced | 2 C. milk |
| 1 T. cooking oil | 1-8 oz. pkg. process cheese, cut into chunks |
| 1 1/2 lbs. skinless, boneless chicken breast halves, cut into bite size pieces | 1-16 oz. jar chunky salsa |
| 2-14 oz. cans chicken broth | 1 small can diced green chili peppers |
| | Corn Chips |

In 6-quart Dutch oven, cook and stir onion, celery and garlic in hot oil over medium heat for 5 minutes or until onion is tender. Add chicken; cook and stir for 2 to 3 minutes or until no longer pink. Add broth and potatoes. Bring to boiling; reduce heat. Simmer, covered, for 12 to 15 minutes or until potatoes are tender, stirring occasionally. In medium bowl, dissolve gravy mix into milk. Stir milk mixture into soup mixture. Stir in cheese, salsa and green chilies; reduce heat to low. Cook and stir until cheese is melted. Serve with corn chips. Serves 16.

CHICKEN NOODLE SOUP WITH VEGETABLES

Deborah Blaedel

- | | |
|--|--------------------------------|
| 2 1/2 lbs. broiler-fryer chicken, cut up | 1 T. salt |
| 1 qt. water | 1 T. MSG, optional |
| 4 medium carrots cut into 1/2" slices (2 C.) | 1 tsp. sugar |
| 4 medium stalks celery cut into 1/2" slices (2 C.) | 1/4 tsp. pepper |
| | 3 chicken bouillon cubes |
| | 2 C. uncooked thin egg noodles |

Heat all ingredients except noodles to boiling in 4 quart Dutch oven; reduce heat. Cover and simmer until chicken is done, about 45 minutes. Skim fat if necessary. Cook noodles as directed on package. Remove chicken from broth; cool slightly. Remove chicken from bones and skin. Cut chicken into 1" pieces. Add chicken and noodles to broth; heat until hot, about 5 minutes. Serves 8.

WES BUCHELE BEST CHICKEN SOUP

Wesley F. Buchele

3 lbs. chicken thighs	2 C. water
Vegetable oil	1 C. carrot, sliced
2 T. butter	1 tsp. salt
1 C. chopped onion	1/2 tsp. cracked black pepper
1/2 C. diced celery	1/2 tsp. minced fresh parsley
4 C. chicken stock	2 C. egg noodles

Preheat oven to 375°. Rub a little olive oil over the surface of each piece of chicken and arrange them on a baking sheet. Bake for 25 minutes. Remove the chicken from the oven when it's done and set it aside to cool. Melt the butter in a large saucepan over medium heat. Sauté the onions and celery in the saucepan for just 4 to 5 minutes. Do not brown the vegetables. De-bone and dice the chicken. Add meat and bones to the pot along with the remaining ingredients, except the noodles. Bring the soup to a boil, reduce the heat and simmer for 30 minutes or until the carrots are soft. Add the noodles and simmer for an additional 15 minutes, or until the noodles are tender. Remove the bones from the soup. Serve with a pinch of minced fresh parsley sprinkled on top. Thigh have more flavors and are juicier than chicken breasts. They are also less expensive and bones add even more flavor. Garnish with minced fresh parsley. Makes 6 servings.

Better to let 'em wonder why you didn't talk than why you did.

CHICKEN NOODLE SOUP

Kris Meinhard

NOODLES:

24 eggs
3 C. milk

4 tsp. salt
About 9 lbs. flour

I do them in 6 egg batches. Beat eggs; add milk, salt and enough flour to make stiff dough. Roll out on well floured surface. Cut into noodles with pizza roller. Lay out to dry. Turn after several hours. I make the noodles ahead and freeze. They take a long time to make.

SOUP:

6 chicken breasts
8 hind quarters
2 T. salt
1 tsp. pepper

18 qts. of water
2 large onions
8 stalks celery

Wash chicken. Put in large pots and bring to boil. Reduce heat and cook until chicken is tender. Remove chicken to cool and de-bone. Bring broth to boil. Add:

1 1/2 lbs. grated carrots
6 stalks celery, diced
4 onions cut small

Rubbed sage, salt and pepper
to taste
Noodles

Bring to boil and cook until noodles are done. They remain chewy.

CHICKEN SOUP

Sue Scott

1 large frying chicken
2 1/2 qts. cold water
2 medium onions, quartered
1/2 tsp. pepper
1 1/2 tsp. salt

1/4 to 1/2 lb. frozen noodles
1 can cream of mushroom soup
1 can cream of chicken soup
1-4 oz. can sliced mushrooms
1 small jar pimiento

Bring chicken, water, onions, pepper and salt slowly to boil. Reduce heat and simmer until tender. Cool quickly. Remove chicken from bones and refrigerate meat. Put broth through colander. Return broth to pan and bring to boil. Add frozen noodles and cook 5 minutes. Add the soups, mushrooms and pimiento; stir gently and cook 5 minutes. Add chicken. Flavor is better if soup is reheated the second day. Makes 3 to 3 1/2 quarts.

CHICKEN WING SOUP

Janet Stephenson

1 lb. chicken wings
2 C. water
1 C. tomato juice
2 tsp. salt
6 peppercorns

1/4 C. butter
1 C. finely chopped celery
1 C. finely chopped onion
2 T. flour
1 C. half and half

Cook chicken wings in water, tomato juice, salt and pepper until tender, 20 to 30 minutes. Cool. Remove meat from bones and chop fine. Reserve broth. In a saucepan, heat butter. Add onion and celery and sauté until tender but not browned. Stir in flour, broth and half and half. Bring to a boil, stirring constantly. Add diced chicken. Serves 6.

NOTE: When I make this for soup supper I make a 20 times the recipe.

DICK NIXON'S CHILI

Dolores Brown

CHILI SAUCE:

2 T. vegetable oil
2 1/2 C. finely chopped onions
2 tsp. minced garlic
3 T. chili powder
1 T. flour
2 tsp. ground cumin
2 T. ground coriander

2 tsp. oregano or marjoram
2-19 oz. cans tomatoes
2 C. water
1/4 C. sugar
4 tsp. salt
2 squares unsweetened
chocolate

Heat the oil in large heavy skillet; sauté the onions and garlic 10 minutes, stirring occasionally. Add a mixture of chili powder, flour, cumin, coriander and oregano. Cook 2 minutes, stirring almost constantly. Add the tomatoes and water. Bring to a boil and mix in the sugar, salt and chocolate. Stir until chocolate melts, then cook over low heat 1 1/2 hours.

HAMBURGERS:

1 lb. ground beef
1 1/2 tsp. salt
1 egg, beaten

2 T. flour
3/4 C. crushed cornflakes
2 T. butter or margarine

Lightly mix together all the ingredients but the butter. Shape into 1", round balls. Melt the butter in a skillet and brown the meatballs. Transfer the balls to a 2-quart casserole and pour the chili sauce over them. Bake in a preheated oven at 350° for 30 minutes. Serve with rice and red beans. Serves 6 to 8.

WHITE CHICKEN CHILI

Dee Dreeszen

- | | |
|-----------------------------------|------------------------------------|
| 2 T. vegetable oil | 1/2 to 1 tsp. cayenne pepper |
| 1 medium onion | 2 cans Great Northern beans |
| 1-4 oz. can chopped green chilies | 2 cans (12 oz.) chunk chicken |
| 3/4 tsp. garlic powder | 2 cans (14 oz.) chicken broth |
| 3/4 tsp. salt | 1 C. shredded Monterey Jack cheese |
| 1 tsp. oregano | |

Sauté onion. Mix next 7 ingredients. Stir until blended. Add remaining ingredients. Bring to a boil. Reduce heat and simmer 15 to 20 minutes. Serve with cheese.

WHITE CHILI

Scott and Susan Grotewold

- | | |
|---|---------------------------|
| 1 large boneless chicken breast cut into 1/2" cubes | 2 cans chicken broth |
| 1 medium onion, chopped | 1 small can green chilies |
| 1 1/2 tsp. garlic powder | 1 tsp. salt |
| 1 T. vegetable oil | 1 tsp. cumin |
| 1 can great northern beans | 1 tsp. oregano |
| | 1/2 tsp. pepper |

Mix ingredients into cooking pot. Heat at boil at least until chicken breast is cooked, but, as with other chilies, the longer the better. Serve in bowls topped with grated jack cheese and/or sour cream to your taste.

Ideas are funny little things, they don't work unless you do.

VEGETABLE CHILI

Laura Shanks

- | | |
|-----------------------------|--|
| 1/4 C. olive oil | 1 T. chili powder |
| 1 C. chopped onions | 2 C. canned crushed tomatoes and juice |
| 1/2 C. finely sliced celery | 1 C. vegetable stock or water |
| 1 C. 1/2" cubed carrots | 1 1/2 tsp. salt |
| 1 garlic clove minced | 1/2 tsp. crushed thyme |
| 1 bay leaf | 2 C. cauliflower flowerets |
| 1/2 tsp. celery seed | 2 C. 1/2" cubed zucchini |
| 1/4 tsp. cayenne pepper | 8 oz. corn |
| 1 tsp. cumin | 2 cans kidney or pinto beans |

Heat oil in saucepan; add onion, celery, carrots and garlic. Cover and cook low over heat 8 to 10 minutes until onions are soft. Stir in celery seed, cayenne, cumin, chili powder. Add tomatoes, stock, salt, thyme, bay leaf and cook 15 minutes uncovered. Add cauliflower, zucchini and cover. Cook 15 minutes add beans and corn, cook 10 minutes uncovered.

CLAM CHOWDER

Marjorie Rudert

- | | |
|---|---------------------------|
| 1/2 C. chopped clams,
buy 1 lb. clams (8-10 small) | 1 T. diced onion |
| 1/2 C. chopped celery
include some young leaves | 2 sliced mushrooms |
| 1/2 C. chopped carrots | 1/4 tsp. salt or to taste |
| 1 C. cubed red potato | Pinch pepper |
| | 1/8 tsp. thyme |

Make sure clams are fresh. The shells should be closed or close when touched. Scrub the shells under running water to remove dirt and sand. Place whole clams in a pan with 2 cups of water and boil until shell opens, 5 minutes. Remove the clams, save the liquid. Cut the muscle holding the clam to the shell and chop the clams. If there is any sand in the reserved liquid from opening the clams, you may want to strain it. Add water to bring it to 3 cups. Add clams and all other ingredients and simmer until vegetables are tender, 1/2 hour.

CLAM CHOWDER

Bev Shirbroun

- | | |
|--|---|
| 2 cans clams with liquid,
about 10 oz. each | 4 to 5 medium potatoes,
peeled and cubed |
| 1/4 lb. bacon diced and cooked | 2 C. water |
| 1 medium onion | 1 1/2 tsp. salt |
| 1/4 tsp. pepper | 1-12 oz. can evaporated milk |

Cook bacon and drain. Put in crock pot with clams, onions, and juice. Add all other ingredients except evaporated milk. Cover and cook on low for 6 to 9 hours or until potatoes are tender, 2 to 3 hours on high. Add milk during last hour.

CHEESE CORN CHOWDER

Dolores Brown and Sue Scott

- | | |
|--------------------------|--------------------------|
| 3 to 4 C. sliced carrots | 1 green pepper, chopped |
| 2 stalks sliced celery | 3 to 4 potatoes, chopped |
| 1 to 2 chopped onions | |

Combine; cook 20 to 30 minutes, until tender. Add 1 can creamed corn. Melt 3 tablespoons butter or margarine. Add 1/4 cup flour and 2 cups milk. Stir constantly. Remove from heat; add to soup with 2 to 2 1/2 cups grated cheddar cheese. Do not boil. To reheat, use very low temperature, it may stick to the bottom of the pan before the soup at the top is warm.

CURRIED CREAM OF CORN SOUP

Marjorie Rudert

- | | |
|-----------------------|---------------------|
| 4 C. corn off the cob | 2 C. chicken broth |
| 1 small onion chopped | 2 C. milk |
| 2 T. butter | 1/4 tsp. salt |
| 2 T. flour | Dash cayenne pepper |
| 1 T. curry powder | |

Sauté corn and onion in butter about 2 minutes. Stir in flour, curry powder, salt and pepper about 1 minute. Gradually stir in broth. Simmer about 1/2 hour. Put solids through a blender. Add milk. Return to heat to warm and serve.

EGGPLANT SUPPER SOUP

Dolores Brown

1 medium chopped onion
1 lb. hamburger

1 clove minced garlic

Brown, then add:

1 medium diced eggplant
1/2 C. chopped carrot
1/2 C. chopped celery

1 large can crushed tomatoes
1/2 tsp. each – salt, pepper,
nutmeg
2 cans beef broth

Cover, simmer 10 minutes; then add:

1/2 C. salad macaroni

2 T. minced parsley

Cook 10 minutes until macaroni is done. Serve in bowls. Pass parmesan cheese to sprinkle over each serving. Serves 6 to 8 generously.

FISH CHOWDER

Irma Winslow*

1 lb. cod or haddock, cut in
cubes
2 C. potatoes cut in cubes

1 small onion, diced
Several pieces bacon or salt pork,
diced
Salt and pepper

Fry bacon and onion until slightly browned. Add fish, potatoes and seasonings; barely cover with water and simmer until done. Before serving, add 2 to 3 cups scalded milk. Serve with crackers. Very filling dish for a cold winter day.

On the road between the home of friends grass does not grow.

FRENCH MARKET SOUP MIX

Natalie Rekemeyer

- | | |
|----------------------------------|---------------------------|
| 1 lb. dried navy beans | 1 lb. dried baby limas |
| 1 lb. dried pinto beans | 1 lb. dried large limas |
| 1 lb. dried great Northern beans | 1 lb. dried black beans |
| 1 lb. dried green split peas | 1 lb. dried red beans |
| 1 lb. dried yellow split peas | 1 lb. dried soybeans |
| 1 lb. dried black-eyed peas | 1 lb. dried barley pearls |
| 1 lb. dried lentils | |

Combine all beans. Divide into 14 (2 cups) packages for gift giving and present with the following recipe for French Market Soup.

FRENCH MARKET SOUP

Natalie Rekemeyer

- | | |
|---------------|------------------------------|
| 2 C. soup mix | 1-16 oz. can whole tomatoes, |
| 2 qts. water | chopped coarsely |
| 1 ham hock | 1 large onion, chopped |
| 1/4 tsp. salt | 1 chili pepper, chopped |
| | 1/4 C. lemon juice |

Wash beans and sort. Place in Dutch oven and cover with water, 2" above beans and soak overnight. Drain beans; add 2 quarts of water and next 3 ingredients. Bring to boil. Reduce heat and simmer 1 1/2 hours or until beans are tender. Add other ingredients; simmer 30 minutes, stirring occasionally. Remove ham hock, and remove meat from bone. Chop and return to soup.

NOTE: Natalie received this recipe from her friend Sandra Shepard.

HAM N VEGGIE SOUP

Jane Kennedy

- | | |
|-------------------------------|---------------------------------|
| 1 medium onion thinly sliced | 2 C. chicken broth |
| 1 medium zucchini, cubed | 1 can diced tomatoes, undrained |
| 1 T. olive oil | 1/2 tsp. salt |
| 1 lb. fresh mushrooms, sliced | 1/2 tsp. pepper |
| 3 C. fresh or frozen corn | 1/2 tsp. garlic powder |
| 3 C. cubed fully cooked ham | Shredded mozzarella cheese |

In large saucepan, sauté onion and zucchini in oil for 5 minutes. Add mushrooms, corn, and ham; cook and stir for 5 minutes. Stir in broth, tomatoes, and seasonings. Bring to a boil. Reduce heat; cover and simmer for 5 minutes. Uncover; simmer 5 to 8 minutes longer. Garnish with mozzarella. Serves 8 to 10.

HAMBURGER CHOWDER

Jane Kennedy

2 lbs. ground beef, browned
and drained
1-46 oz. can tomato juice
6 C. water
6 beef bouillon cubes
1/4 C. regular rice
1 T. sugar
2 tsp. salt

2 bay leaves
1 tsp. marjoram leaves
2 to 3 onions coarsely chopped
3 C. sliced carrots
3 medium potatoes in cubes
2 to 3 C. sliced celery
12 oz. corn (canned or frozen)

Combine all in a large pot and simmer until vegetables are tender. Remove bay leaf before serving. Serves 20.

HAMBURGER SOUP

Suzy and Josh Dobbs

1 lb. hamburger or ground turkey
1 medium onion, chopped
1/2 green pepper, chopped
1 T. corn oil or enough to keep
from sticking
1 can tomato soup
1 bay leaf
1 tsp. parsley
1/8 tsp. Tabasco sauce
2 soup cans water
1 tsp. oregano

4 small carrots, diced
1 stalk celery, diced
1/2 C. macaroni
1/2 C. frozen corn
1/2 C. frozen peas
1 C. frozen mixed vegetables
3 medium potatoes peeled
and cubed
1 tsp. salt or to taste
1/2 tsp. of pepper or to taste

Sauté onion and green pepper in oil until tender but not brown. Add ground meat, mashing as it sears. Cook until all redness is gone. Add tomato soup, water, vegetables and seasoning. Simmer 1 hour. Add macaroni and cook additional 15 minutes.

NOTE: Suzy and Josh Dobbs were married at Collegiate/Wesley 6 years ago. They have celebrated every anniversary by preparing and providing soup for Soup Supper. This recipe is a favorite.

LENTIL SOUP CRESCENTI

Jane Kennedy

- | | |
|--------------------------------|-------------------------------|
| 1 lb. beef neck bone or shanks | 3 1/2 C. water |
| 2 carrots | 3 1/2 tsp. beef bouillon |
| 2 potatoes | 1/3 lb. dry lentils |
| 1 medium onion | 1/2 tsp. salt |
| 2 stalks celery | 1/8 tsp. pepper |
| 2 medium tomatoes | 1 medium zucchini |
| 1/8 tsp. Marjoram | 1/3 medium head green cabbage |

In crock pot, combine all but zucchini and cabbage. Cover and cook on low for 6 to 8 hours or until lentils are tender. Remove bones from pot. Cut off meat and return to pot. Add zucchini and cabbage. Cover and cook on high 1 hour more. Even better leftover. Serves 4 to 6.

LENTIL SOUP

Julie Schubert

- | | |
|----------------------|-----------------------------|
| 1 1/2 qts. water | 2 stalks of celery, sliced |
| 2 C. lentils, washed | 3 carrots, sliced |
| 1 onion, chopped | 1 can stewed tomatoes or |
| 1/4 lb. of mushrooms | 2 C. fresh chopped tomatoes |
| 1 tsp. dried basil | 2 T. vinegar |
| 1/3 C. olive oil | |

Bring water to boil and slowly add lentils. Reduce heat to a simmer and cook 1 hour. Sauté onion, mushrooms, and basil in olive oil while the lentils are cooking. Set aside until the lentils have cooked 1 hour. Then add with all other ingredients, except vinegar, salt and pepper to the soup. Cook at least 1 hour more, or until lentils are tender. Add vinegar. Salt and pepper to taste before serving. Can be served over brown rice.

NOTE: For soup supper, Julie makes 3 times this recipe. This makes enough to fill a 16-quart pot.

The best helping hand you can find is at the end of your arm.

MINESTRONE SOUP

Bessie Bell
Deborah Blaedel's mom

- | | |
|------------------------------|---------------------|
| 1 C. navy beans | 1 C. carrots |
| 2 qts. of water | 1/2 head of cabbage |
| 1 1/2 T. salt | 1 C. potato |
| 1/4 C. olive oil | 3/4 C. peas |
| 1/2 C. parsley, chopped | 2 1/2 C. tomatoes |
| 4 to 5 cloves garlic, minced | 1/2 tsp. thyme |
| 1/4 tsp. basil or oregano | 1/2 tsp. sage |
| 2 stalks celery, chopped | 1/4 tsp. pepper |
| 1 onion, chopped | 1/4 C. barley |
| 1/3 C. shell macaroni | V-8 juice |

Soak beans overnight in water to cover; drain. Simmer 1 hour. In skillet, sauté parsley, garlic, basil or oregano, celery or onion until soft. Add to beans along with all other ingredients except macaroni. Simmer 1 hour. Add V-8 juice to taste if desired. Refrigerate overnight. Before serving add macaroni and cook 15 minutes.

NOTE: Deborah increases this recipe by 5 times for one of the big church pots.

MULLIGATAWNY SOUP

Jackie Manatt

- | | |
|---|--|
| 1/4 C. chopped onion | 1-16 oz. can tomatoes, cut up |
| 1 1/2 tsp. curry powder | 1 T. chopped fresh parsley |
| 2 T. vegetable oil | 2 tsp. fresh lemon juice |
| 1 Granny Smith apple, peeled
cored and chopped | 1 tsp. sugar |
| 2 carrots, chopped | 1/4 tsp. ground cloves |
| 1/4 C. celery, chopped | 1/4 tsp. salt |
| 1 T. chopped green pepper | Dash of pepper |
| 3 T. flour | 2 C. diced cooked turkey or
chicken |
| 2 cans of fat-free low sodium
chicken broth | |

In large saucepan, cook onion and curry powder in oil until onion is tender. Add apple, carrot, celery and green pepper, stirring occasionally until vegetables are crisp-tender, about 5 minutes. Sprinkle flour over mixture, stirring to mix well. Add bouillon granules, water, undrained tomatoes, parsley, lemon juice, sugar, cloves, salt and pepper. Bring to a boil and add chicken or turkey. Simmer for 30 minutes, stirring occasionally. Serves 6.

CREAM OF MUSHROOM SOUP

Marjorie Rudert

- | | |
|-----------------------|----------------------|
| 2 T. butter | 1 C. milk |
| 1 lb. sliced mushroom | Dash of salt |
| 1/2 C. chopped onion | Dash of pepper |
| 3 C. vegetable broth | Pinch cayenne pepper |

Sauté onion and mushrooms in butter. Add broth and seasoning. Simmer about 1/2 hour. Place solids in a blender and blend. Return to pot and add milk. Reheat and serve.

FAVORITE PEA SOUP

Carolyn Jarnagin

- | | |
|--|---|
| 1 meaty ham bone or
2 to 3 C. chopped ham | 2 stalks celery, sliced |
| 1 pkg. dried peas | 2 large baked potatoes, peeled
and diced |
| Liquid as pkg. states | 1/2 tsp. thyme |
| 2 large carrots, sliced | 1/2 tsp. basil |

Wash and sort peas. Cover with water and let set several hours. Drain. Combine peas, liquid as needed*, ham bone, vegetables and seasonings. Cook on low heat several hours. Stir occasionally as needed. This is best if cooked a day before serving. Makes a thick soup. I bake the potatoes for better flavor.

*More liquid may need to be added during cooking.

LENTIL PEPPERONI SOUP

Jane Prater

- | | |
|--------------------------------|--|
| 1 1/2 C. dry lentils | 1/4 tsp. sage |
| 4 oz. pepperoni sliced, halved | Pinch of cayenne pepper |
| 1 onion, chopped | 2 tomatoes peeled and chopped
or 1 C. canned tomatoes |
| 1-6 oz. can tomato paste | 1 carrot thinly sliced |
| 1 tsp. salt | 1 stalk of celery, sliced |
| 1/4 tsp. oregano | |

Rinse lentils; combine in Dutch oven with 6 cups water, onion, pepperoni, tomato paste, salt, oregano, sage and cayenne pepper. Bring to boil. Reduce heat and cover. Simmer for 30 minutes, stirring occasionally. Add tomatoes, carrot and celery. Cover and simmer for 40 minutes or longer. Cooks well in crock pot, takes 7 to 8 hours. May also cook 1/2 cup bulgur wheat and mound on top of soup.

CREAM OF PIMENTO SOUP

Sally Kevers to Betty Barton

4 oz. jar diced pimento,
undrained
1 T. butter or margarine
2 1/2 T. flour
1-14 1/2 oz. can chicken or
vegetable broth

1 1/2 C. half and half
1 tsp. grated onion
1/2 tsp. salt
1/4 tsp. hot sauce

Place pimento in blender and process until smooth. Melt butter in heavy saucepan over low heat, blend in flour and stir until mixture is smooth and cook 1 minute stirring constantly (heat proof rubber spatula works best). Add broth and half and half, gradually stirring until smoothly incorporated with flour mixture. Cook over medium heat, stirring until mixture is thickened and bubbly. Stir in pimento, grated onion, salt and hot sauce and cook over low heat until thoroughly heated. Yields 3 3/4 cups. Serves 4.

POTATO AND CORN CHOWDER

Alice Kay

1/2 C. chopped celery
1/4 C. or more chopped onion
2 T. margarine
2 C. water
2 chicken bouillon cubes

1/4 tsp. pepper
1 C. mashed potato flakes
1-17 oz. can whole kernel corn
1 C. whole milk

Sauté celery and onion in margarine until tender. Add water, bouillon and pepper. Stir. Stir in potato flakes and corn. Slowly add milk. Do not boil.

POTATO SOUP

Bette Coulson

3 medium potatoes
1/2 medium size onion, sliced

2 long stalks celery, sliced
1 tsp. salt

Simmer in 3 cups water until tender. Strain, reserving the stock. Using electric beater, whip the potato mixture. Add the reserved stock. Make a thin white sauce of 2 tablespoons butter, 2 tablespoons flour and 2 cups milk. Add it to the potatoes and sprinkle 3 tablespoons parsley over. Makes 6 servings.

POTATO LEEK SOUP

Scott and Susan Grotewold

- | | |
|--|--------------------------|
| 1 1/2 C. sliced leeks or
green onions | 2 tsp. salt |
| 1/4 C. butter | 2 C. water |
| 5 C. cubed, peeled potatoes | 4 T. all-purpose flour |
| 3/4 C. chopped celery | 1/4 tsp. pepper |
| 1 1/3 C. cubed carrots | 4 C. milk |
| | 2 chicken boullion cubes |

Sauté leeks in 3/4 cups of butter until tender. Add potatoes, celery, carrots, 1 teaspoon of salt, and water. Cover and simmer 20 to 25 minutes or until vegetables are tender. In medium saucepan, melt remaining butter. Add flour, pepper and remaining salt. Cook until smooth and bubbly. Gradually add milk and boullion; cook and stir until thick. Stir into vegetables. Simmer, stirring until heated through.

TACO SOUP FOR 150

Janet Stephenson

- | | |
|---|---|
| 12 lbs. ground beef | 2 large (6 lbs. 10 oz.) cans whole
kernel corn |
| 6 pkgs. frozen, chopped onion | |
| 1 large can (6 lbs. 10 oz.)
tomatoes | 2 large (6 lbs. 10 oz.) cans chili
beans |
| 4-28 oz. cans diced tomatoes | 6 pkgs. taco seasoning mix |
| 4-28 oz. cans tomato sauce | Salt and pepper |

Brown ground beef, add onion and sauté. Drain fat from meat mixture. Combine all of the remaining ingredients will require 2 large soup pots. Serve with grated cheese and taco chips.

HEARTY TOMATO SOUP

Janet Stephenson

- | | |
|-----------------------------|--|
| 1 clove garlic, minced | 1 T. butter |
| 1 onion, chopped | 2 tsp. salt |
| 1 carrot, chopped or sliced | 1 tsp. sugar |
| 1 stalk celery, chopped | 1 tsp. oregano |
| 2 T. flour | 1 tsp. basil |
| 3/4 C. raw rice | 2 family size (26 oz.) cans tomato
soup + water |
| 4-28 oz. cans tomatoes | Pepper |

Sauté onion, celery and carrot. Stir in flour and rice and sauté until rice is toasty. Then add tomatoes, salt, pepper, sugar, oregano, basil and tomato soup. Serves 6 to 8.

NOTE: Janet received this recipe from Ruth Provow.

HERBED TOMATO VEGETABLE SOUP

Ann Herriott

1 medium onion, chopped	1 tsp. sugar
2 T. margarine	1 tsp. dried basil
4 C. water	1/2 tsp. salt
1-28 oz. can chopped tomatoes	1/2 tsp. dried thyme
2 medium carrots, sliced (1 C.)	1/4 tsp. dried savory
2 stalks celery, chopped (1 C.)	1/8 tsp. mace
1 T. chicken bouillon granules	1/8 tsp. pepper
Few dashes bottled hot pepper sauce, optional	

In large saucepan cook onion in margarine until tender but not brown. Stir in all other ingredients. Bring to boil. Reduce heat; cover and simmer about 40 minutes or until vegetables are tender. Serves 8.

NOTE: May use some tomato juice instead of water, soup has more body.

TORTILLA SOUP

Dolores Brown

8 oz. can tomato bits	1/4 C. sugar
1 medium diced onion	4 C. chicken broth
1 clove garlic	1 carrot, sliced
1 tsp. cumin	Cooked chicken
1 T. parsley	

Mix together in large pot. Simmer 30 minutes. Cut six 6" tortillas into 1/2" wide strips. Fry in hot oil until crisp. Drain on paper towel. Divide tortilla strips and 1 cups shredded Jack or Mexican type cheese among soup bowls. Ladle soup over strips and cheese. Add chopped green onion as a garnish.

TORTILLA SOUP

Joan Squires to Betty Barton

1 can chicken broth	1 small can diced tomatoes with hot peppers
1 can Mexican corn	
1 can black beans	1 pkg. of taco seasoning mix
1 can tomato sauce	8 oz. cooked chicken (1 can)

Mix together and garnish with cheese. Serve hot with cornbread or chips.

SKINNY TORTILLA SOUP

Jane Kennedy

- | | |
|-------------------------------------|-------------------------------------|
| 1-16 oz. can fat-free refried beans | 1 1/2 C. frozen corn |
| 1-15 oz. can black beans | 3/4 C. chunky salsa |
| 14 oz. chicken broth | 3/4 C. diced cooked chicken |
| 1/2 C. water or more broth | 1 1/2 C. reduced fat Cheddar cheese |
| | Baked Tostitos |

Bring first 7 ingredients to a boil in large saucepan. Reduce heat, cover and simmer for 10 minutes. Add 1 cup cheese. Stir over low heat until melted. Ladle soup into bowls, top with crumbled chips and remaining cheese. Serves 6.

TUSCANY SOUP

Bonna Pinneke

- | | |
|--|----------------------------------|
| 2 medium onions, thin sliced | 1/4 tsp. fresh ground pepper |
| 4 medium potatoes, thin sliced | 1 C. chopped kale |
| 1 kielbasa, skin removed, thin sliced, then halved | 1/8 C. chopped pimento, optional |
| Chicken broth | 1/4 C. chopped parsley |
| 3 C. whole milk + 1/2 tsp. salt | 1/4 C. Parmesan cheese |

Cover onions, potatoes and kielbasa with chicken broth and cook 20 minutes, 2-quarts. Combine milk, salt, pepper and kale. Heat thoroughly; add to onion/potato mixture. Garnish with parsley and Parmesan cheese. Yields 15 cups.

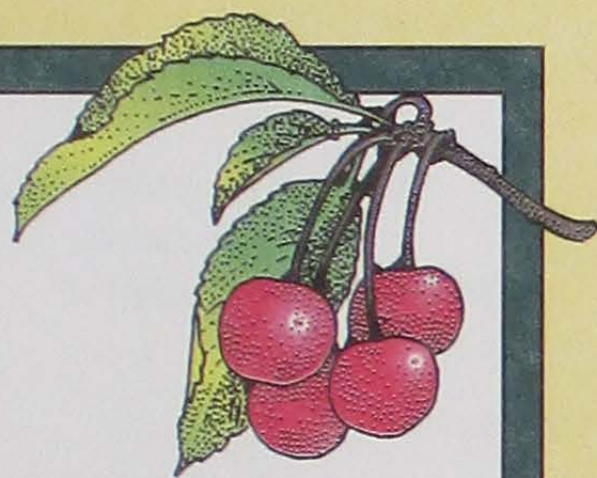
NOTE: This soup is similar to the one served at the Olive Garden.

QUICK VEGETABLE BARLEY SOUP

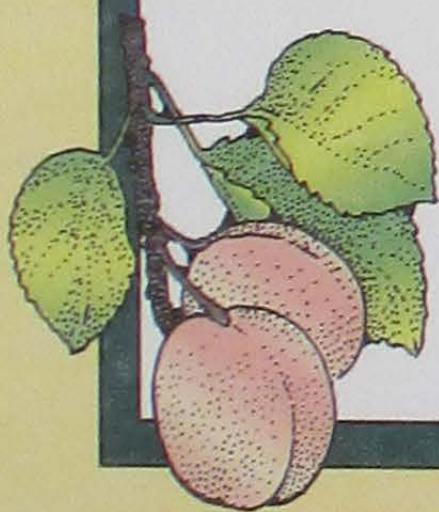
Jane Kennedy

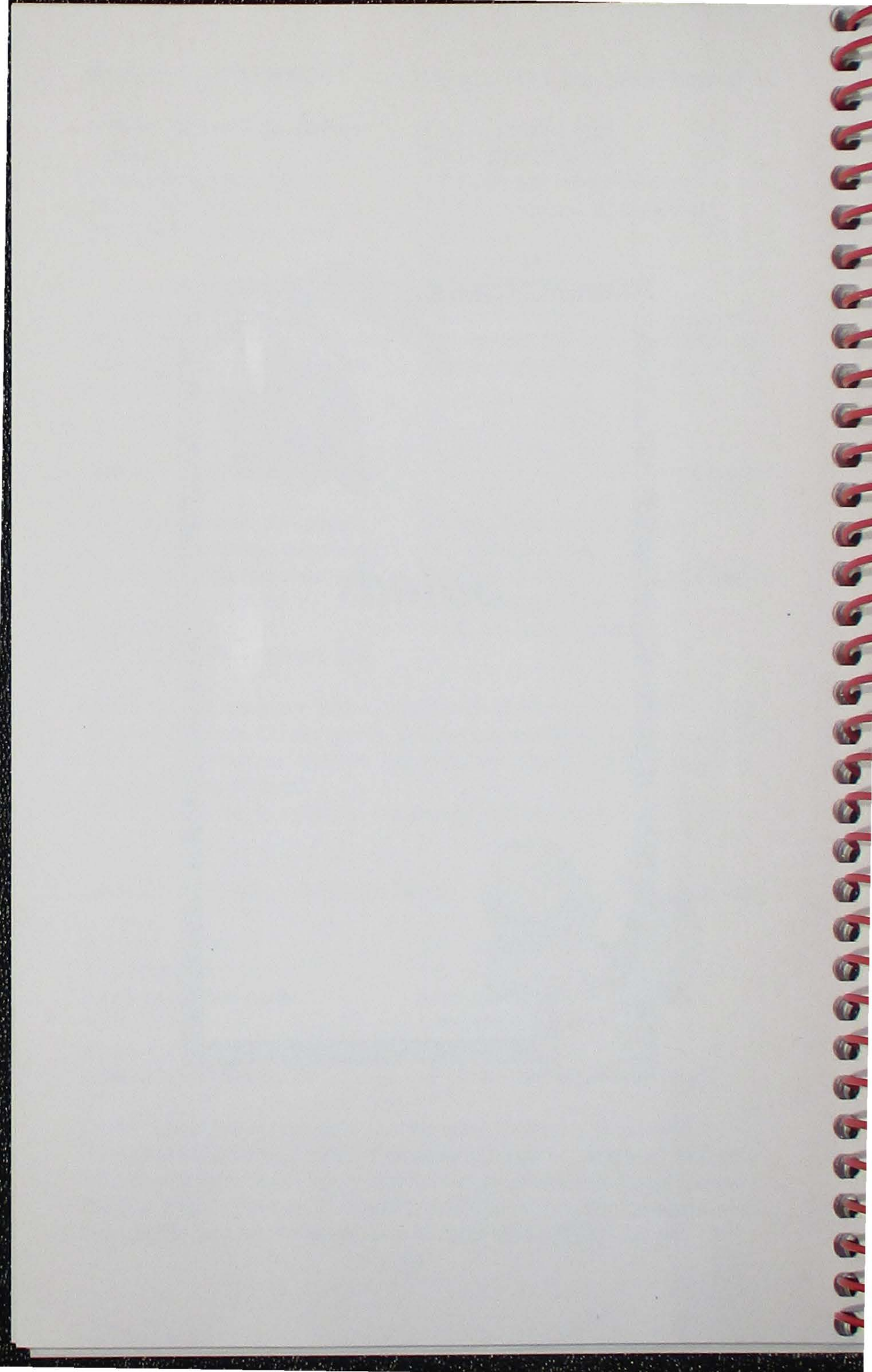
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| 1 lb. ground beef | 1 C. sliced celery |
| 1 C. chopped onion | 1 C. sliced carrots |
| 2 cloves minced garlic | 4 tsp. beef bouillon granules |
| 10 C. water | 1 tsp. dried basil, crushed |
| 28 oz. can tomatoes, chopped | 2 bay leaves |
| 1 1/2 C. quick barley | 18 oz. frozen mixed vegetables |

While beef is browning, start heating water and chopping vegetables. When beef is browned, drain. Add onion and garlic. Add beef mixture, and everything else except frozen mixed vegetables to heating water. Bring to a boil. Simmer 10 minutes. Add frozen mixed vegetables and simmer 15 minutes more. Season to taste with salt and pepper.



Salads





ASPARAGUS, PASTA, TOMATO SALAD

June Rhoades

2 C. pasta or more boil 3 to 4 minutes.

1 3/4 C. asparagus cut in bite size pieces. Add to pasta and boil 6 minutes. Drain.

Add to above:

9 halved cherry tomatoes

2 T. chopped red onion

Pour over the above ingredients the following dressing:

1/3 C. coleslaw or poppy seed
dressing

1/4 tsp. salt

1/4 tsp. cracked pepper

2 T. Dijon mustard

Chill 2 hours or overnight.

BABY GREENS WITH AVOCADOS AND PEARS

Barbara Munson

Mix for dressing:

1/2 C. orange juice + 2 tsp.
orange peel

3 T. olive oil

3/4 tsp. salt

2 T. vinegar

1/4 tsp. black pepper

In serving bowl, tear mixed baby greens. I often do a mixture of romaine and baby greens.

Add:

3 firm ripe pears, cored
and cut

2 ripe medium avocados,
peeled and cut into large dice

Toss to coat. May also add 1/2 cup roasted almonds for crunch.

KALEIDOSCOPE SALAD

Dolores Brown

- | | |
|--|----------------------|
| 1 can each green beans,
wax beans, dark red kidney
beans | 1 C. light salad oil |
| 1 green pepper, chopped | 1 C. white vinegar |
| 1 sweet red pepper, chopped | 1 tsp. salt |
| 1 medium onion, chopped
coarsely | 1 1/3 C. sugar |

Rinse the cans of beans in cold water and drain well. Add the peppers and onion. Mix the oil, vinegar, salt and sugar and pour over the beans. Chill in a covered bowl. Serves 10 to 12.

TUSCAN FAVA BEAN SALAD

Dianna Nelson

- | | |
|--|-------------------------------|
| 1-19 oz. can fava beans,
drained and rinsed | 1/4 C. olive oil |
| 2/3 C. chopped red onion | 3 T. red wine vinegar |
| 1 C. chopped tomato | 1 1/2 tsp. dried thyme leaves |
| 1/2 C. chopped celery | 1 clove garlic, minced |
| 1/4 C. chopped fresh cilantro | 1/8 tsp. salt |

Combine oil, vinegar, thyme, garlic and salt. Add other ingredients and mix well. Refrigerate until serving.

GREEN BEAN SALAD

Dorothy Hedrick*

- | | |
|--|--|
| 2 or 3 cans green beans,
drained | 1 can artichokes, cut up and
drained |
| 1 can sliced water chestnuts,
drained | 1 bottle Green Goddess salad
dressing |

Layer beans, water chestnuts and artichokes in clear glass bowl. Cover with salad dressing. Marinate overnight.

THREE BEAN SALAD

Margy Howe

1 can red kidney beans
1 can cut wax beans

1 can French cut green beans
1 cup onion, thinly sliced

Drain beans. Mix ingredients. Pour over following dressing:

3/4 C. sugar
1/2 C. vinegar
1/2 C. cooking oil

1/2 tsp. salt
1/4 tsp. pepper

Put in a jar and shake well. Pour over bean mixture. Keeps well in refrigerator.

BOSTON SALAD

Natalie Rekemyer

2 pkg. lemon or lime Jell-O
4 C. hot water
1-# 2 1/2 can crushed pineapple
3 or 4 large bananas
1 C. miniature marshmallows
1/2 C. sugar

2 T. flour
1 T. butter
1 C. pineapple juice
1 egg
1 C. whipping cream

Mix together Jell-O and hot water. Add pineapple, bananas and marshmallows. Chill until firm. In saucepan, mix sugar, flour, butter, pineapple juice, and egg. Cook until thick. Cool. Fold whipping cream into cooled mixture. Spread on top of Jell-O. Chill.

NOTE: This recipe is from Natalie's grandma, Mabel Webb.

BROCCOLI SALAD

Dianna Nelson

1 large bunch of broccoli
flowerets
1 C. raisins
1/4 C. dried red onion
1 C. sunflower seeds,
roasted, no salt

10 strips bacon cooked,
crumbled, optional
3 T. sugar
1/2 C. light mayonnaise
1 T. vinegar

Toss together broccoli, raisins, onion, sunflower seeds, and bacon. Mix together sugar, mayonnaise, and vinegar, and pour over broccoli mixture. Mix well, and refrigerate several hours before serving.

BROCCOLI DELIGHT SALAD

Helen Davidson

- | | |
|---|---|
| 4 C. broccoli spears,
cut into bite size | 1 C. celery chopped |
| 1 C. green onion cut up | 8 slices bacon, cooked, crumbled,
optional |
| 2/3 C. toasted pecan pieces | 2 C. seedless red grapes cut up |

Mix all ingredients add dressing just before serving. I often add dressing earlier.

Dressing:

- | | |
|------------------------------|--------------|
| 1 C. mayo (Hellmann's Light) | 1 T. vinegar |
| 1/3 C. sugar | |

Mix well.

BROCCOLI SALAD

Effie Lingren

- | | |
|--|---|
| 2 stocks fresh broccoli,
split and cut in 1/2" pieces | 1 can water chestnuts, sliced |
| 1 small can sliced mushrooms | 1/2 purple onion sliced in rings |
| 1/2 C. sliced pitted black olives | 1 C. cherry tomatoes |
| | 1-8 oz. bottle Wishbone Italian
dressing |

Marinate 12 hours and serve ice cold. Delicious! Double recipe for large crowd.

FROZEN BUTTERMINT SALAD

Betty Stout*

- | | |
|---------------------------------|------------------------------|
| 2 C. crushed pineapple, drained | 8 oz. carton Cool Whip |
| 10 oz. pkg. mini-marshmallows | 1/2 C. grated Cheddar cheese |
| 5 oz. pkg. crushed butter mints | 3 oz. pkg. lime Jell-O |

Prepare Jell-O according to directions using pineapple juice. Add pineapple and marshmallows. Let set for 2 to 3 hours in refrigerator. Add crushed butter mints and 3/4 of Cool Whip. Place in a 9x13" container and freeze. Remove 30 minutes before serving and spread remaining Cool Whip on top. Sprinkle with grated cheese. Serves 15. NOTE: Other flavors of Jell-O may be used. May add chopped or crushed nuts.

CABBAGE SALAD

Jeanne Dixon*

1/2 head cabbage, chopped fine	4 oz. cashew nuts, crushed
3 green onions, diced	1 pkg. chicken flavored noodles, crushed

DRESSING:

1/2 C. oil	3 T. malt vinegar
1/4 tsp. salt	Chicken flavor pkt. from noodles

Mix cabbage and onion. Just before serving, add nuts and noodles. Mix and add dressing just before serving. Unusual and good. Leftovers aren't as good as the noodles become soggy.

CHINESE CABBAGE SALAD

Janet Stephenson

1/2 C. oil	1/4 C. vinegar
1/2 C. sugar	1 T. soy sauce

Cook together a little. In a 9x13" pan, melt 1/2 stick butter and add: 1/2 cup slivered almonds, 1/2 cup sunflower seeds and 1 packet chicken flavored Ramen noodles. Bake at 350° until lightly toasted. Mix with Chinese cabbage or Napa cabbage works too and 1/2 cup sliced green onion immediately prior to serving.

CAULIFLOWER/BROCCOLI SALAD

Jane Prater

4 C. cauliflower	3 T. vinegar
4 C. broccoli	2 T. sugar
4 green onions	1/2 C. oil
2 T. sunflower seeds	1 tsp. salt
1 pkg. Ramen noodles, crumbled	1/2 tsp. pepper
	Ramen seasoning packet

Combine cauliflower, broccoli, green onions, and Ramen noodles in large bowl. Combine oil, vinegar, sugar, salt, pepper and seasoning packet. Pour over cauliflower, broccoli, onions and Ramen noodles just before serving.

CHINESE CHICKEN CABBAGE SALAD

Dolores Brown

1 large pkg. cole slaw mix
1 red bell pepper
6 to 8 green onions
3/4 C. sliced almonds

1/3 C. sesame seeds
2 pkgs. Top Ramen noodles, dry
4 to 5 chicken breasts,
pre-cooked

Break up Ramen noodles and sauté in 2 tablespoons oil, add almonds until lightly browned, add sesame seeds and remove from heat as seeds burn quickly. Mix all ingredients. Add dressing 1/2 hour before serving. Serves 10.

DRESSING:

1/4 C. rice vinegar
1/2 C. oil, (for more flavor
replace 2 T. with sesame oil)

1/2 C. sugar
1/2 C. soy sauce

BLACK CHERRY SALAD

Hazel Cook*

2-3 oz. pkg. cherry Jell-O
2 C. fruit juice
#2 can black cherries, drained

#2 can crushed pineapple,
drained
2-7 oz. bottles 7-Up
1 C. pecans, cut up

Heat juice to a boil. Pour over Jell-O. Stir. Cool just to egg white consistency. Add fruit and 7-Up. Top with pecans.

HOT CHICKEN SALAD

Carolyn Jarnagin

12 slices white bread
4 C. cooked chicken breast,
diced
1 C. diced onion
1 C. chopped green pepper
1 C. diced celery
1 C. mayonnaise

1 1/2 tsp. salt
1/8 tsp. pepper
5 beaten eggs
1 can cream soup
(chicken, celery, etc.)
3 C. milk
1 C. shredded cheese

Cube 6 slices of bread, place in bottom of greased 10x13" baking dish. Combine chicken, vegetables, mayonnaise and seasonings. Spoon over bread cubes. Cube remaining 6 slices of bread and put on top of mixture. Combine eggs and milk. Pour over all. Spoon soup over top, cover and chill overnight. Bake at 325° for 2 hours. Sprinkle cheese over top a few minutes before end of baking time. Remove from oven and let set a few minutes before serving. Serves 12.

THAI CHICKEN SALAD

Barbara Munson

About 2 C. cooked chicken
pieces (I usually buy a
rotisseries chicken at the
grocery)
1/3 C. salad oil
2 T. peanut butter (we like
chunky)
4 tsp. soy sauce

4 tsp. cider vinegar
1 1/2 tsp. sugar
1/8 tsp. crushed red pepper
3 green onions, chopped
1 can sliced water chestnuts or
equivalent of sliced celery
1 C. edible pod peas, cut in
chunks

Whisk salad oil, next 5 ingredients and 1 tablespoon water to make dressing. Stir in green onions, water chestnuts, and peas, as well as the chicken pieces. Toss to coat with dressing. Serve on a bed of lettuce, or Thai style serve rolled in lettuce.

CORN, TOMATO AND BLUE CHEESE SALAD

June Rhoades

2 3/4 C. frozen corn, thawed
1 pt. cherry tomatoes, halved
4 celery stalks, chopped
1/2 red onion, chopped

1/2 head romaine lettuce, torn
2 T. balsamic vinegar
1/3 C. olive oil
1 C. (4 oz.) crumbled blue cheese

Combine first 5 ingredients in a large bowl. Place vinegar in a small bowl; gradually whisk in oil. Season with salt and pepper. Add blue cheese. Pour dressing over salad and toss to coat.

CRANBERRY COLE SLAW

Dolores Brown

1 C. chopped cranberries
1/4 C. sugar
3 C. grated cabbage

3/4 C. mandarin oranges
1/2 C. chopped green onion

Mix and toss with the following dressing:

1/4 C mayonnaise
1 T. mandarin orange juice
from can
1/2 tsp. salt

This keeps well and is better the second day when flavors mingle. This recipe came from Carole Horowitz, Dolores's friend.

EASY COLESLAW

Sherry Davidson

1 pkg. cole slaw	3 T. orange juice
3 T. sugar	Salt to taste
3 T. Miracle Whip or mayonnaise	Pepper to taste

Mix sugar, Miracle Whip or mayonnaise, and orange juice together. Add package of coleslaw mix and toss together. Salt and pepper to taste.

NOTE: Sherry received this recipe from a good friend, Marty McClellan in Butlerville, Indiana.

MARGY'S COLE SLAW

Margy Howe

1/4 C. vinegar	2 tsp. sugar
2 T. olive or vegetable oil	1/2 tsp. dried tarragon
2 tsp. garlic salt, optional	6 C. shredded cabbage

In a small bowl or jar with tight fitting lid, combine vinegar, oil, garlic salt, if desired, sugar and tarragon. Place cabbage in large bowl; add dressing and toss to coat. Cover and refrigerate for at least 2 hours. Serves 7 generously.

CRANBERRY RELISH

Ann Herriott

12 oz. pkg. of cranberries	1 orange, grated rind
2 to 3 red apples	1 1/2 C. sugar

Use meat grinder or food processor. Let stand in refrigerator 24 hours before using it. I put in small containers and freeze.

People are lonely because they build walls instead of bridges.

CRANBERRY SALAD

Effie Lingren

- | | |
|--|--|
| 1-pkg. Knox gelatin softened
in 1/4 C. cold water | 1 small can crushed pineapple,
drained save juice |
| 2 -3 oz. pkgs. cranberry Jell-O | 1 or 2 cans of whole cranberry
sauce |
| 2 tsp. lemon juice | 1/2 C. chopped walnuts or pecans |
| 1 tsp. salt | Enough cold water to add to juice
from pineapple to make 2 C. |
| 1-C. hot water | |

Combine Knox gelatin, cranberry Jell-O, lemon juice, salt and water in a 7x11 pan. Chill in refrigerator until slightly thickened. Add pineapple juice, cranberry sauce, nuts and cold water. Refrigerate. Cut into squares and top with whipped cream or Cool Whip.

CHEESE AND PINEAPPLE SALAD

Bea Harlen

- | | |
|--|---------------------------------|
| 1 can crushed pineapple salad,
sweetened or unsweetened | 1 C. shredded cheese |
| 1/2 bag marshmallows, regulars | 1 egg |
| quartered or miniatures | 2 tsp. cornstarch |
| | 1/2 C. chopped pecans, optional |

Drain pineapple juice into saucepan and put pineapple into mixing bowl with cheese and marshmallows. Beat egg and add to pineapple juice. Add cornstarch and heat until it thickens, stirring so it doesn't get lumpy. When it is the consistency of pudding, pour over cheese, pineapple, and marshmallow mixture and stir. Add pecans. Refrigerate.

NOTE: Bea Harlen is Sherry Davidson's mother, and she always made this at Thanksgiving and Christmas.

SPRING CUCUMBER SALAD

Sue Scott

- | | |
|--------------------------------|-------------------------------|
| 1 pkg. lime Jell-O | 1/2 C. mayonnaise |
| 1 C. boiling water | 1 cucumber, finely chopped |
| 1 carton cottage cheese, small | 1 green onion, finely chopped |
| Some chives | |

Dissolve Jell-O in water. Let set until syrupy. Add rest of ingredients. Mold.

FIVE CUP SALAD

Margy Howe

- | | |
|-----------------------------|-----------------------------|
| 1 C. mandarin orange sliced | 1 C. miniature marshmallows |
| 1 C. pineapple chunks | 1 C. sour cream |
| 1 C. coconut | |

Mix together. Better if flavors are allowed to meld a short time.

FROG EYE SALAD

Dolores Brown

- | | |
|---|--|
| 1 C. sugar | 3-11 oz. cans mandarin oranges,
drained |
| 2 T. flour | 2-20 oz. cans pineapple chunks,
drained |
| 2 1/2 tsp. salt | 1-20 oz. can crushed pineapple,
drained |
| 1 3/4 C. pineapple juice | 1-9 oz. carton whipped topping |
| 2 eggs, beaten | 1 C. miniature marshmallows |
| 1 T. lemon juice | 1 C. coconut |
| 3 qts. water | |
| 1 T. cooking oil | |
| 1-16 oz. pkg. Acini de Pepe
macaroni | |

Combine sugar, flour and 1/2 teaspoon salt. Gradually stir in pineapple juice and eggs. Cook over moderate heat, stirring, until thickened. Add lemon juice. Cool mixture to room temperature. Bring water, remaining 2 teaspoons salt and oil to boil. Add Acini de Pepe. Cook at rolling boil until Acini de Pepe is done, drain. Rinse with water, drain again and cool to room temperature. Combine egg mixture and Acini de Pepe. Mix lightly but thoroughly. Refrigerate overnight in covered container. Add remaining ingredients. Again mix lightly but thoroughly. Refrigerate until chilled in covered container. Salad may be refrigerated for as long as a week in covered container. Marshmallows and coconut are optional, but they add a lot of the taste. This could also be considered a dessert- it's that good. Makes 25 to 40 servings.

A good memory is fine - but the ability to forget can also be good.

RED GRAPE AND RICE SALAD

Dolores Brown

3 C. cooked rice	1/4 tsp. salt
1 1/2 C. thinly sliced mushrooms	1/8 tsp. pepper
6 T. olive oil	2 C. red grapes cut in half, seeded if necessary
1/4 C. red wine vinegar	1/2 C. finely diced celery
1 T. lemon juice	1/2 C. frozen peas, thawed
1/2 tsp. dried dill weed or 1 T. fresh	Butter lettuce or watercress for serving
2 tsp. Dijon mustard	

In a large bowl combine rice and mushrooms. Combine olive oil, vinegar, lemon juice, dill, mustard, salt and pepper; mix well. Add to rice-mushroom mixture; stir well. Stir in grapes, celery and peas. Chill at least 2 hours or up to 24 hours. Serve chilled or at room temperature. Spoon over butter lettuce or watercress springs. Makes 6 to 8 medium servings.

CRANBERRY JELLO

Ann Herriott

1 small pkg. cranberry or cranberry raspberry Jell-O	1 apple diced
1 C. hot water, 1/2 C. cold (part pineapple juice)	8 oz. can crushed pineapple, drained

A refreshing salad in hot weather.

SEVEN LAYER JELLO

Deborah Blaedel

1-3 oz. pkg. strawberry Jell-O	1-3 oz. pkg. orange Jell-O
1-3 oz. pkg. lime Jell-O	6 pkg. Knox gelatin
1-3 oz. pkg. lemon Jell-O	1 can Eagle Brand condensed milk

First layer: Mix 1/4 cup water with package of gelatin to dissolve. Add strawberry Jell-O and 3/4 cup hot water to gelatin mixture and mix well. Spray a 9x13" pan with Pam and pour in Jell-O mixture. Refrigerate for 15 to 20 minutes. Mix 1/2 cup water with 2 packages gelatin. Add condensed milk and 1 cup hot water. Use approximately 1 cup of mixture for next layer. Refrigerate 15 to 20 minutes. Alternate Jell-O and milk mixture for the remaining layers. Layers should be added gently as preceding layers are firm, but still tacky. If too much time elapses, layers will separate when cut. Later layers take a little less time.

LIME COTTAGE CHEESE JELLO SALAD

Maribeth Henney

- | | |
|-------------------------|---------------------------------|
| 1 pkg. lime Jell-O | 1 C. (or carton) cottage cheese |
| 1/2 C. hot water | 1 C. Miracle Whip |
| 1/2 C. pineapple juice | 1 T. finely chopped onion |
| 1/2 C. chopped cucumber | 1 can crushed pineapple |
| 3/4 C. chopped celery | |

Heat water and pineapple juice. Pour into package Jell-O and dissolve. Stir in pineapple. Set aside and let mixture cool. Can refrigerate, but don't leave it long enough to set Jell-O. In separate bowl, mix chopped cucumber, celery, onion, cottage cheese, and Miracle Whip. Stir well. Pour previously made pineapple/pineapple mixture into this latter mix. Mix well. Pour it all back into Jell-O dish. Refrigerate until it sets. Is even good the next day.

LENTIL AND CHICKPEA SALAD

Faith Finnemore

- | | |
|---|-----------------------------------|
| 2 C. cooked and drained lentils
(about 3/4 C. dry lentils) | 1 medium onion, finely chopped |
| 3 T. balsamic vinegar | 1 stalk of celery, finely chopped |
| 2 T. olive oil | 2/3 C. cooked, drained, chickpeas |
| 1 tsp. salt | 1/2 C. diced, uncooked zucchini |
| | 1/2 C. chopped sweet red pepper |

Marinate lentils in vinegar oil and salt mixture overnight. Add remaining ingredients and chill.

MANDARIN LETTUCE SALAD

Jane Prater

- | | |
|------------------------------|------------------------|
| 1/2 C. almonds | 1/2 tsp. salt |
| 3 T. sugar | 1/2 tsp. pepper |
| 1/2 head iceberg lettuce | 1/4 C. oil |
| 1/2 head Romaine lettuce | 1 T. parsley |
| 1 C. celery, chopped | 2 T. sugar |
| 1 can mandarin oranges | 2 T. vinegar |
| 2 to 3 green onions, chopped | Tabasco sauce to taste |

Caramelize almonds and sugar on stove and cool. Toss together lettuce, celery, mandarin oranges, and green onions. Mix together salt, pepper, oil, parsley, sugar, vinegar, and Tabasco sauce together for dressing just before serving.

RITZY ORANGE SALAD

Bev Shirbroun

60 Ritz crackers, crushed
1/2 C. margarine, melted
1/4 C. sugar
1-14 oz. can condensed milk

1-6 oz. frozen orange juice,
do not add water
1-8 oz. container frozen dessert
topping
2-11 oz. cans mandarin oranges,
drained

Combine crackers, sugar and margarine. Mix and press firm into 9x13" pan, reserving a small amount of crumbs for top. Mix the milk and orange juice together. Fold in the thaw dessert topping. Add mandarin oranges. Pour into crust and sprinkle with reserved crumbs. Chill for several hours.

DIJON PASTA SALAD

Betty Barton

1 lb. tri color pasta, (fuselli or
rotini)

Cook 11 to 13 minutes and drain or cool with cold water/strainer.

2/3 C. oil	2 tsp. Dijon mustard
2/3 C. cider vinegar	2/3 C. mayonnaise

Wisk above ingredients together and pasta.

ADD:

2 ribs celery, chopped	2 scallions, chopped
6 slices bacon, chopped	Salt to taste
2 hard-cooked eggs, chopped	Paprika, optional

Chill and serve cold. Makes 8 to 10 servings.

CRUNCHY PEA SALAD

Carol Volker

- | | |
|--------------------------------------|------------------------------------|
| 1/2 C. Miracle Whip (I use light) | 1-10 oz. box tiny frozen peas, |
| 2 T. vegetable oil (I use only 1 T.) | thawed |
| 1 T. + 1 tsp. vinegar | 1/4 to 1/2 C. chopped celery, |
| (I use balsamic) | as desired |
| 1 tsp. sugar | 1/4 C. minced onion (I use red) |
| Ground pepper to taste | 1 C. salted peanuts (I use 1/2 C.) |
| | 6 slices bacon, cooked crisp and |
| | crumbled |

Combine Miracle Whip, oil, vinegar, sugar and pepper. Gently stir in everything else. Chill at least an hour before serving.

RHUBARB PINEAPPLE SALAD

Dorothy Sielert*

- | | |
|------------------------------|-------------------------------|
| 3 C. diced rhubarb | 3 C. water or pineapple juice |
| 1/4 C. sugar | 13 oz. crushed pineapple |
| 1/2 tsp. salt | 1/2 C. chopped pecans |
| 6 oz. pkg. strawberry Jell-O | |

Cook rhubarb, sugar and salt over low heat until tender. Do NOT add water. Add dry Jell-O. Add remaining ingredients. Chill and serve.

ERMA'S PURPLE SALAD

Shaela Holtman

- | | |
|------------------------------|-------------------------------|
| 2 boxes blackberry or black | 1 can blueberries |
| raspberry Jell-O or your | 1 small can crushed pineapple |
| favorite dark colored Jell-O | 1 box Dream Whip |

Dissolve Jell-O in 2 cups boiling water. Drain juice from fruit and add enough water to make 2 cups of cold liquid. Reserve 3/4 cup Jell-O mixture for topping. Chill separately. Add fruit to remaining Jell-O mixture and set.

TOPPING: Make Dream Whip according to package directions, whip the 3/4 cup Jell-O mixture and Dream Whip until mixed. Spread over top and chill.

SAUERKRAUT SALAD

Dolores Brown

1-#2 1/2 can sauerkraut
1 medium onion, sliced thin

1 medium green pepper, diced
1/2 diced red pepper

Place sauerkraut in colander and rinse with cold water. Drain sauerkraut and squeeze to get juice out. Add other ingredients in a covered bowl.

Mix with the following dressing:

3/4 C. water
1 1/4 C. sugar

3/4 C. salad oil
2/3 C. vinegar

Mix the water, sugar and vinegar. Heat until sugar dissolves. Add oil, mix and pour over sauerkraut mixture. Let stand in refrigerator overnight. Serves 6 to 8.

SESAME SPINACH SALAD

Deborah Blaedel

2 T. sesame seeds, toasted
1/3 C. oil
1/4 C. lemon juice
2 T. soy sauce
1/2 tsp. salt

1/8 tsp. hot pepper sauce
1/2 lb. mushrooms, sliced
1 can sliced water chestnuts
10 oz. fresh spinach

Combine oil, lemon juice, soy sauce, salt and hot pepper sauce. Toss with spinach, mushrooms and water chestnuts. Sprinkle with toasted sesame seeds and toss again.

SPINACH SALAD

Bette Coulson

1 pkg. fresh spinach, broken
into bite-size pieces
1/2 C. sour cream
1 lb. small curd cottage cheese
2 rounded tsp. horseradish,
cream style

1/4 C. sugar
1/2 tsp. vinegar
1 small minced onion
1/2 C. pecans
Salt to taste

Put all the ingredients except the spinach in a bowl and mix. Then mix it in with the spinach. This is beautiful and delicious.

STRAWBERRY SPINACH SALAD

Deborah Blaedel

2 bunches spinach	2 T. sesame seeds
2 bunches Romaine lettuce	1 1/2 T. minced onion
1 pt. strawberries, sliced	1/4 tsp. Worcestershire sauce
1/2 C. pecan pieces, roasted	1/4 tsp. paprika
1/4 C. sugar	1/2 C. oil
1 T. poppy seeds	1/4 C. cider vinegar

Blend sugar, seeds, onions, Worcestershire sauce, and paprika together. Slowly add oil and vinegar. Let flavors blend overnight. Toss with greens, strawberries, and nuts just before serving.

CARREL THORPE'S SALAD DRESSING

Deborah Blaedel

2/3 C. oil	1 tsp. dry mustard
1/4 C. wine vinegar	1/4 tsp. curry powder
2 T. white wine	1/2 tsp. salt
2 tsp. soy sauce	1/2 tsp. garlic
1 tsp. sugar	1 tsp. pepper

Combine all ingredients in a jar. Shake and let ripen.

NOTE: Carrell was a neighbor of the Blaedels in Denver in the 70's. This dressing is especially good on a salad made of mixed greens, tomatoes, sliced mushrooms and avocados.

TOMATO ASPIC

Dolores Brown

1-14 oz. can V-8	3 T. minced green pepper
1 pkg. lemon Jell-O	1 T. grated onion
1 T. vinegar	1/2 tsp. salt
1 C. minced celery	

Bring the V-8 to a boil and add Jell-O. Cool until it is slightly congealed. Stir in the rest of the ingredients. Pour into mold or loaf pan. Serves 6.

EASY TOMATO ASPIC

Bob Farr

1-3 oz. pkg. of lemon gelatin	2 C. Hot and Spicy V-8 juice
-------------------------------	------------------------------

Bring 1 cup of V-8 to boil. Slowly stir in the lemon gelatin until dissolved. Add second cup of V-8 and let set.

VEGETABLE SALAD

Sally Hurley to Betty Barton

1-11 oz. can shoe peg corn,
drained

1-16 oz. can LeSuer peas,
drained

1-16 oz. can French style
green beans, drained

Small can water chestnuts,
chopped and drained

1 bunch green onions, chopped

1 green pepper, chopped

Combine and toss with Dressing below:

1/2 C. oil

3/4 C. wine vinegar

1/2 C. sugar

Chill and serve cold.

THE FARMER'S LOVE LETTER

My sweet potato

do you carrot all for me?

*You are the apple of my eye,
with radish hair and turnip nose.*

*My heart beets for you,
my love for you is as strong as onions.*

*If we cantaloupe, lettuce marry
and we will be a happy pear.*

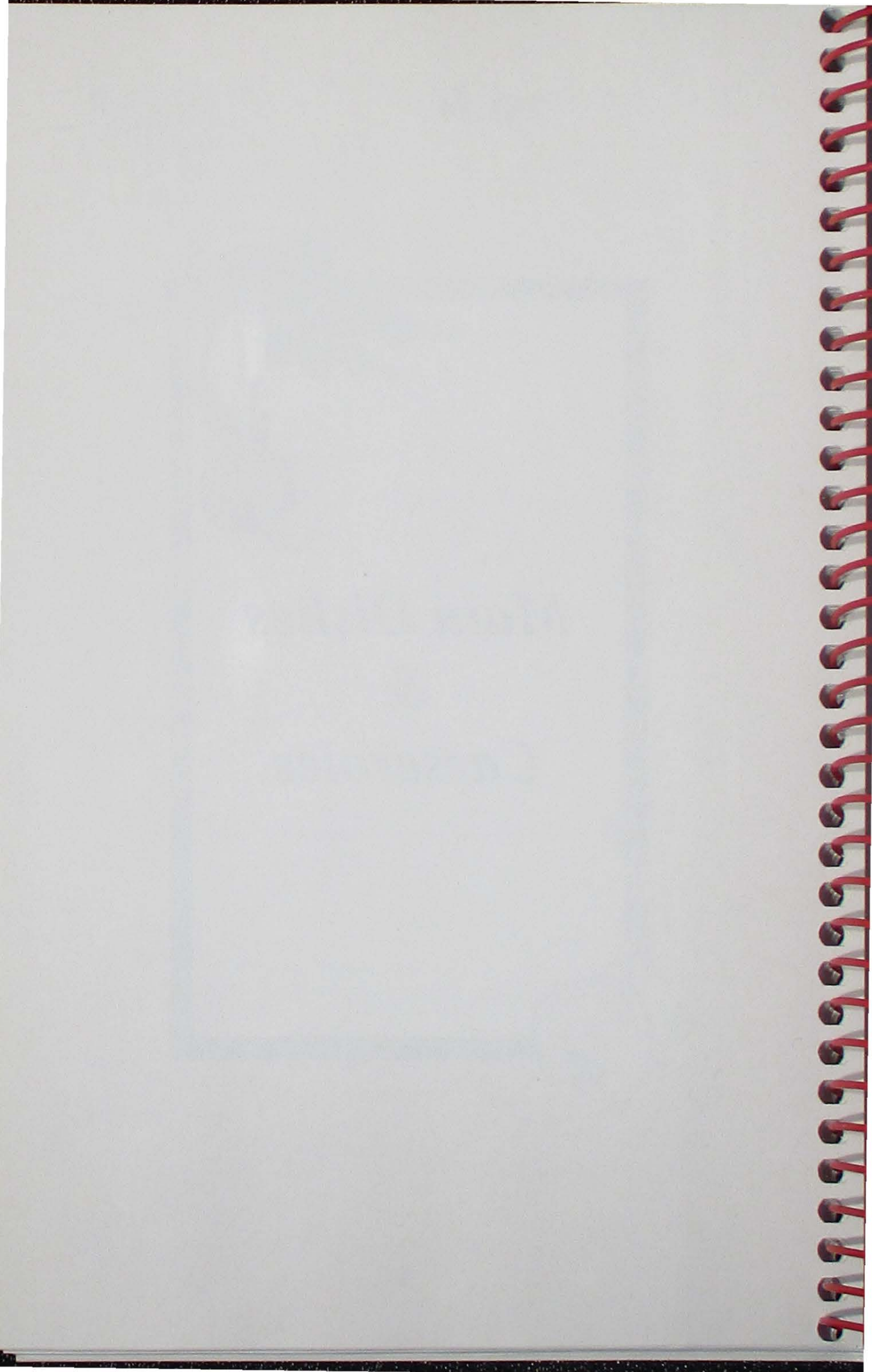


Notes



*Main Dishes
&
Casseroles*





CALICO BEAN CASSEROLE

Jane Woline

- | | |
|-------------------------------|--------------------------|
| 1 lb. ground beef | 3/4 C. brown sugar |
| 1 large onion, chopped | 1 lb. can kidney beans |
| 1/2 lb. (8 oz.) bacon, sliced | 1 lb. can butter beans |
| 1/2 tsp. dry mustard | 1 lb. can pork and beans |
| 1/2 C. catsup | |

Brown ground beef, onions and bacon together in skillet; drain. Add dry mustard, catsup and brown sugar to browned meat. Simmer 15 to 30 minutes. Partially drain kidney beans and butter beans. Add kidney beans, butter beans and pork and beans to meat mixture. Place mixture into a baking dish lightly greased. Bake 350° for 1 hour.

BEAN CASSEROLE

Margy Howe

- | | |
|--------------------------|--------------------|
| 1/2 to 1 lb. ground beef | 1 C. chopped onion |
| 3/4 lb. bacon, cut up | |

Brown and drain.

- | | |
|--|-----------------------|
| 2 cans pork and beans,
(1 lb. 15 oz.) | 1/2 C. catsup |
| 1 can kidney beans,
drained (1 lb.) | 1/2 C. barbecue sauce |
| 1 can butter limas,
drained (1 lb.) | 1/4 C. brown sugar |
| | 3 T. vinegar |
| | 1 tsp. salt |
| | Dash pepper |

Add to the meat mixture. Cook 4 to 9 hours.

THREE BEAN CASSEROLE

Dolores Brown

- | | |
|------------------------------|------------------|
| 1 medium onion, chopped | 1/2 C. catsup |
| Chopped garlic | 1/4 C. water |
| 1 pkg. frozen lima beans | 3 T. brown sugar |
| 1 can pork and beans | Salt |
| 1 can light red kidney beans | |

In large frying pan sauté onion and garlic until golden. Cook lima beans 16 to 18 minutes. Drain. Add all ingredients to fry pan and heat. Put in 2-quart casserole. Bake at 350° for 30 minutes. Sliced wieners may be added.

BLACK BEANS AND BROWN RICE

Sherry Davidson

1 C. brown rice
1-14.5 oz. diced tomatoes
1/2 can water

1 can black beans
Salt and pepper to taste
1/2 C. or more cooked corn,
optional

Mix brown rice, water and tomatoes in saucepan. Do not drain tomatoes. Add salt and pepper. Bring to a boil. Cover, and reduce heat to simmer. Simmer for 45 minutes. Do not remove lid. After 45 minutes, remove from heat and let stand for 10 minutes without removing lid. Add black beans and corn. I use leftover corn, any amount that I have, which is usually 1/2 cup more or less.

BEEF CASSEROLE

Jane Woline

2 lbs. stewing beef, cubed
2 cans cream of mushroom
soup

1 can tomato soup
2 to 4 T. dry onion soup

Put raw beef in a casserole. Blend soups together and pour over the beef. Cover and bake at 350° for 2 hours or until done. Serve over hot rice or mashed potatoes. Serves 4 to 6.

ESCALLOPED CHEESE

Bette Coulson

1 C. processed cheese,
cut in cubes
1 C. milk
6 T. crushed crackers

1/2 tsp. salt
2 eggs
1/2 tsp. paprika

Pour milk over the crackers. Add eggs, well beaten, salt, paprika and cheese. Pour into buttered casserole. Bake 20 minutes at 350° to 375°.

BELL CHOIR CHICKEN

Betty Jo Wilcox*

2 eggs	1/4 tsp. salt
1 T. water	1/4 tsp. thyme
12 pieces chicken	1/8 tsp. pepper
2 C. cracker crumbs (30 crackers)	1/2 tsp. lemon rind
	1/2 C. butter or margarine, melted optional

Mix the eggs, beaten with the water. Dip the chicken pieces into the egg mixture and then into a mixture of the cracker crumbs, salt, pepper, thyme and lemon rind. Place in a baking pan and drizzle the butter over the chicken, if desired. Bake at 350° for 45 minutes or until tender.

CURRY CHICKEN

Alice Kay

2-10 oz. pkgs. frozen broccoli, cooked	1 C. mayonnaise
2 C. cooked chicken, cut in bite size pieces	1 tsp. lemon juice
2 cans cream of chicken soup	1 tsp. curry powder
	1/2 C. shredded Cheddar cheese
	1 C. croutons

Preheat oven to 350°. Arrange broccoli in bottom of 9x13" pan. Place chicken on top. Combine soup, mayonnaise, lemon juice, curry powder in a bowl and pour over chicken. Sprinkle cheese and croutons on top. Bake 25 to 30 minutes.

CHICKEN CASSEROLE

Judy Sampson

1/2 lb. Velveeta cheese, cubed	1 1/2 C. cooked rice
1 can mushroom soup	2 C. diced cooked chicken
1 can celery soup	2 boxes frozen mixed vegetables cooked

Mix all of ingredients together and place in greased 9x13" pan. Bake at 350°. degrees, 40 minutes.

CHICKEN CASSEROLE

Pat Burns

- | | |
|--|---|
| 3 C. cut-up chicken breasts,
cooked | 1 can cream of mushroom soup |
| 2 C. uncooked macaroni shells | 1/2 lb. Velveeta cheese, grated
or 8 oz. shredded cheese |
| 2 C. milk | 1 small onion, chopped |
| 1/2 C. pimiento | 1 can cut-up water chestnuts |
| 1/2 C. chopped green pepper | |

Mix and let stand in refrigerator overnight. Bake at 325°, 1 1/2 hours. Put buttered bread crumbs over top of casserole.

CHICKEN DIABLO

Judy Sampson

- | | |
|-----------------------|---------------------|
| 1/2 to 3/4 C. honey | 1 tsp. curry powder |
| 1/4 C. yellow mustard | 1/4 C. margarine |
| 1 tsp. salt | Chicken breasts |

Melt margarine, mix other ingredients and add to margarine. Roll chicken pieces in mixture. Bake at 375° for 1/2 hour, turn and bake 1/2 hour longer. I usually serve with rice.

HERB CHICKEN CASSEROLE

Bette Coulson

- | | |
|-----------------------------|-------------------------------|
| 2 C. cooked, cut-up chicken | 1 can cream of chicken soup |
| 1/4 C. onion, chopped | 1 small can chow mien noodles |
| 1/2 C. chopped celery | 3/4 C. chopped almonds |
| 2/3 C. evaporated milk | 1/3 C. margarine |
| 1 can cream mushroom soup | 1 C. herb stuffing mix |

Heat onion and celery in a little oil. Mix chicken, onion, celery, milk, soups and noodles. Put in casserole or 9x13" baking dish. Sauté the almonds in the margarine. Add the stuffing mix. Spread over the chicken mixture. Bake in 350° oven about 30 minutes to heat through.

Time may heal wounds, but it doesn't do anything for wrinkles.

CHICKEN AND FRUIT PAELLA

Sue Scott

1/4 C. flour
1 tsp. salt

Dash pepper

Mix in bag.

Add 2 1/2 to 3 pounds chicken, shake to coat.

Brown chicken in 3 tablespoon oil. Remove, add 1 medium sliced onion, 1 cup fresh mushrooms. Sauté until tender. Combine 1 package original long grain and wild rice (6 ounce Uncle Ben's), 2 teaspoon chicken bouillon, 1/4 teaspoon saffron or 1/8 teaspoon ground saffron, optional. Remove skillet from heat. Into rice mixture add 1 1/2 cup milk and 1 cup water. Add the browned chicken. Bring to boil; cover lightly and simmer 25 minutes or until chicken is tender. Gently stir in 13 ounce can of drained pineapple chunks and one 11 ounce can mandarin oranges, drained. Cover and heat. Garnish with tomato and green pepper slices.

NOTE: Sue usually uses boned chicken breasts rather than chicken pieces. The saffron makes the rice a beautiful yellow color but is very expensive so not used except for special occasions.

CHICKEN MARBELLA

Faith Finnemore

2 chickens, cut up or
chicken pieces

Mix together for sauce:

1 small jar capers, partially drained	6 cloves garlic
1 small jar green olives, partially drained	3 T. dried oregano
Bay leaves 3 or to taste	1/2 C. red wine
8 oz. prunes, bite size	1/2 C. olive oil
	1 tsp. salt
	Pepper to taste

Place chicken and sauce in large plastic bag and marinate overnight, shaking and stirring a few times. Spread chicken in a single layer on baking pan. Sprinkle with 1 cup brown sugar. Pour 1 cup of white wine over chicken. Bake 1 hour at 350°. While baking, baste with juice periodically.

NOTE: An advantage of this recipe is that most of the work can be done the day before.

ZUCCHINI EGGPLANT CASSEROLE

Jane Kennedy

1 eggplant, peeled and cubed	Salt and pepper
1 green pepper, diced	Italian herbs
3 to 4 small zucchini, sliced thin	8 oz. can tomato sauce
1 clove of garlic, minced	1/2 C. soft bread crumbs, buttered
1 C. mozzarella cheese	1 T. Parmesan cheese

In one pan cook eggplant and pepper 3 minutes in boiling salted water. In another pan cook zucchini and garlic 3 minutes in boiling salted water. In a 2-quart casserole, layer half the zucchini, 1/2 the eggplant mixture, half the mozzarella, seasonings and tomato sauce. Repeat layers. Top with bread crumbs and Parmesan cheese. Bake 30 minutes at 350°.

CHICKEN OVERNIGHT CASSEROLE

Marian Heady

3 C. cooked chicken or turkey	1/2 lb. grated sharp Cheddar cheese
2 cans cream of mushroom soup	
2 C. uncooked elbow macaroni	1/2 medium onion, chopped
2 T. pimiento	Green pepper and water chestnuts, optional
1 C. milk or chicken broth + milk to make 2 C.	

Butter an 8x12" baking dish. Mix all together the night before desiring to use. Refrigerate. Bake the next day for 1 hour at 350°. Serves 12. NOTE: This was a standard recipe used for memorial service dinners. It is assembled the day before and can be doubled, tripled, etc. very easily. It makes a comforting dish and is inexpensive to make. The water chestnuts add a lot to the casserole.

20 MINUTES CHICKEN PARMESAN

Judy Sampson

Boneless and skinless chicken breasts	2 T. margarine
1 egg, slightly beaten	1 3/4 C. spaghetti sauce
1/2 C. seasoned bread crumbs	1/2 C. shredded mozzarella cheese
	1 T. grated Parmesan cheese

Flatten chicken to even thickness. Dip into egg, then coat in crumbs. In skillet over medium heat, in hot margarine, brown chicken on both sides. Add sauce. Lower heat, simmer 10 minutes. Sprinkle with cheese. Cover, simmer 5 minutes more or until cheese melts.

CHICKEN PICCATA

Maureen Wilt

1/2 C. milk
1 egg, beaten
1/3 C. flour
1/3 C. cornmeal
1/4 tsp. salt
1/8 tsp. garlic powder
Dash of pepper

2 whole chicken breasts, skinned,
boned and split
1/4 C. butter or margarine
2 T. lemon juice
Lemon slices
Fresh parsley

Combine egg and milk in small bowl. In separate bowl, combine flour, cornmeal, salt, garlic powder and pepper. Place chicken breasts between 2 layers of plastic wrap and pound to 1/4" thickness. Dip into milk mixture and then into flour mixture, coating both sides. In skillet, melt 3 tablespoons butter over medium heat, add chicken and cook over medium heat about 2 1/2 minutes per side or until golden brown and cooked through. Remove to platter. Add remaining 1 tablespoon butter and lemon juice to skillet; stir until butter melts. Pour over chicken. Garnish with lemon slices and fresh parsley.

EASY CHICKEN POT PIE

Jane Woline

3 C. chopped cooked chicken
1 can cream of chicken soup
1 small can chicken broth

1-10 oz. pkg. frozen mixed
vegetables
8 oz. Velveeta cheese (can use
Velveeta light)

Mix all the above and put into a 9x13" greased casserole dish. Bake at 425° for 30 minutes. Remove from the oven and cover top with 1 can ready made refrigerator biscuits. Return to oven and bake 15 minutes.

SWISS'N CHICKEN CASSEROLE

Laura Shanks

4 C. chopped cooked chicken
1 C. Miracle Whip Free dressing
2 C. shredded natural Swiss
cheese

1/2 C. milk
2 C. each croutons and sliced
celery
1/4 C. chopped onion

Heat oven to 350°. Mix all ingredients. Spoon into 2-quart casserole. Bake 40 minutes or until thoroughly heated. Makes 6 servings.

EMPANDAS

Sherry Davidson

1 lb. of ground beef
1 onion, diced
3 hard boiled eggs, chopped

2 pkg. of egg roll wrappers
2 C. of cooking oil

Brown ground beef with diced onions. Drain the ground beef. Add chopped eggs. Place egg roll wrapper on plate with 1 corner pointing toward you. Place a heaping tablespoon of ground beef mixture onto the wrapper. Fold up the corner and the 2 side corners in. Then continue to roll up like an egg roll. Dampen end corner with water to seal. After you filled all the wrappers, heat the oil in a small saucepan. Put the empanadas, 1 or 2 at a time, into the hot oil and cook until they turn golden brown. Place on paper towels to soak up excess oil. Serve with catsup to dip in.

NOTE: Be careful with the hot oil. Keep a lid close by to put on the pan in case it catches on fire.

FIESTA

Ida Cardella*

5 to 6 lbs. ground beef

4 onions

Brown; then add:

2 large cans tomatoes
1 large can tomato sauce
2 cans tomato paste

3/4 T. garlic salt
4 T. chili powder
Large can chili beans

Simmer 20 minutes. Cook instant rice for 25 servings. Place on plate in the following order: crushed Doritos, rice, meat sauce, grated longhorn and Monterey Jack cheese, chopped green onions, shredded lettuce, diced tomatoes, chopped olives or olive bits, flaked coconut, chopped pecans and picante sauce.

NOTE: This is party food. Set up the ingredients in the assigned order and have guests fill their plates starting with the Doritos. The coconut and pecans sound weird but add an interesting flavor. You don't need anything else except dessert and a beverage. Ida loved having parties. This was a favorite.

FROGMORE STEW

Janet Netusil

- | | |
|-----------------------------------|---|
| 3 lbs. unshelled medium shrimp | 2 lbs. medium red potatoes, diced in large pieces |
| 1 stick butter | 1 large onion, diced in large pieces |
| 2 lbs. milk sausage, sliced | 4 T. Old Bay seasoning |
| 5 ears sweet corn, broken in half | 4 T. salt |

Fill large cooking pot half full of water. Add the butter, salt, crab boil, the pieces of sausage and the onion. Bring this mess to a boil. Add the corn and potatoes and continue to boil for 4 minutes. Add the unpeeled shrimp and stir cook for 4 to 6 minutes or until the shrimp rise to the top of the water. Turn off heat and let the ingredients sit for 5 minutes. Carefully transfer ingredients to a large bowl. Serve with melted butter and seafood sauce. You will need plenty of paper towels and a pot for shrimp shells and corn cobs.

NOTE: This is good for a group; easy but messy.

HAM BALLS

Jane Woline

- | | |
|--------------------------|----------------------------|
| 2 1/2 lbs. ground ham | 3 eggs |
| 2 lbs. ground fresh pork | 3 C. graham cracker crumbs |
| 1 lb. hamburger | 2 C. milk |

SAUCE:

- | | |
|----------------------|--------------------|
| 1 1/2 C. brown sugar | 2 tsp. dry mustard |
| 1 can tomato soup | 1/4 C. water |
| 1/2 C. vinegar | |

Mix meat, eggs and crumbs well. Make into balls as large as apples. Heat sauce and pour over balls. Bake 1 1/2 hours at 350°. Yields 12 to 15 balls, depending on size.

It is not he who has little, but he who wants more who is poor.

JUANITA'S HAM BALLS

Avanell Panzer*

- | | |
|----------------------|------------------------------|
| 2 1/2 lbs. ham | 3 C. crushed graham crackers |
| 2 lbs. ground beef | 2 C. evaporated milk |
| 1 1/2 lbs. lean pork | |

Have ham, beef and pork ground together by butcher. Add graham crackers and evaporated milk to meat. Shape into 147 walnut sized balls and place in two 13x18" baking dishes.

SAUCE:

- | | |
|-------------------------------|------------------|
| 2 cans tomato soup, undiluted | 2 C. brown sugar |
| 2 T. dry mustard | 1 1/2 C. vinegar |

Mix ingredients for sauce to boiling and pour over meatballs. Bake 1 hour at 350°. May be made ahead and baked later.

MOTHER'S HAM NOODLE CASSEROLE

Lucille to Dolores Brown

- | | |
|----------------------------|-------------------------|
| 1 lb. ground ham | 1 lb. pkg. fine noodles |
| 1/2 lb. grated cheese | 2 eggs beaten |
| 1 chopped green pepper | 4 C. water |
| 2 cans cream mushroom soup | |

Mix together and bake at 350° for 1 hour.

GLAZED HAM AND SWEET POTATOES

Margy Howe

- | | |
|---------------------------------|-----------------------------|
| 4 sheets heavy duty foil | 1/2 C. raisins |
| 1 lb. cooked ham, cubed | 1/4 C. maple flavored syrup |
| 3 medium sweet potatoes, cut up | Ground ginger |
| 1/2 C. orange juice | |

Preheat oven to 450° or grill to medium high. Place ham on each sheet of foil. Top with sweet potatoes. Combine orange juice, raisins, maple syrup and ginger. Pour over ham and sweet potatoes. Seal the foil package well, leaving room for heat circulation inside packet. Bake 25 to 30 minutes on cookie sheet or 12 to 14 minutes in covered grill.

HAM RICE PIE

Ann Herriott

Place 2 cups hot cooked rice in bowl. Add 1 cup shredded low fat Cheddar cheese and stir until melted. Stir in 4 ounce egg substitute or 2 eggs. With back of spoon, spread rice mixture onto bottom and up side of 10" pie plate, sprayed with Pam, to form crust.

Filling: Mix together:

1/2 C. canned mushrooms	1/4 tsp. dried tarragon leaves, crushed
Small jar pimiento	
1 to 2 T. dried onion flakes	3/4 C. ham cubed
1/2 tsp. salt	1 C. broccoli flowerets, cooked
1/4 tsp. pepper	2 T. margarine, melted

In small bowl, mix together 4 ounce egg substitute or 2 eggs, 1/4 cup flour, 1/2 cup fat free sour cream. Add to ham mixture and stir well. Pour into rice shell. Bake at 350° just until center is set, about 30 minutes. Let stand 5 minutes before cutting into wedges to serve. Serves 8.

COOKED OUT HAMBURGER

Marilyn Loupee

5 lbs. 93% lean ground beef (can use 85% lean)	1/4 C. dried onion
	2 T. dried oregano

Cook in heavy Dutch oven. Bring heat up to high, then turn down halfway to low. Cook covered. Stir often to prevent sticking and clumping. Done when meat is longer pink. Serve on hamburger buns for steamed meat sandwiches and freeze any leftovers in 6 ounce packages for future use. Makes 8 or more packages of ready to use "cooked out" hamburger.

PASTA SAUCE

Marilyn Loupee

1-26 oz. jar pasta sauce	12 oz. "cooked out" hamburger
1-28 oz. can tomatoes (crushed, sauce or diced)	1/4 C. dried onion flakes
	1 T. dried oregano

Bring to a boil in microwave. Will generously cover one 12 ounce dry measure package of pasta.

NOTE: See Marilyn Loupee's recipe for cooked out hamburger.

CHILI – MILD AND QUICK

Marilyn Loupee

2-28 oz. cans tomatoes,
crushed or diced
2-30 oz. cans chili beans

12 oz. "cooked out" hamburger
1/2 C. dried onion flakes
2 T. oregano

Combine ingredients in a Dutch oven and heat until boiling. Keep stirring to prevent sticking.

NOTE: See Marilyn Loupee's recipe for "cooked out" hamburger.

HAMBURGER AND BEANS

Jerry Knox

1/2 lb. bacon
1 garlic clove, chopped
1/2 small onion, chopped
1 lb. ground chuck
3 different kinds of beans
(i.e. chili, navy, pinto, kidney)

1/2 C. brown sugar
1/2 C. barbecue sauce
1 tsp. dry mustard
1/2 oz. A-1
1 1/2 oz. Heinz 57 sauce
Salt and pepper

Fry the bacon; cut into 1/2" pieces; drain. Brown garlic and onion. Add ground chuck and brown. Add the rest of the ingredients and simmer, the longer the better. Goes great with steak or hamburger.

HAMBURGER CORN CASSEROLE

Dorothy Sielert*

4 lbs. ground beef
3 medium onions, chopped
1 lb. noodles
3-12 oz. cans whole kernel
corn, drained
3 cans cream chicken soup
3 cans cream mushroom soup

1 1/2 C. dairy sour cream
3/4 C. chopped pimiento
2 tsp. salt
3/4 tsp. pepper
1/2 lb. buttered crackers
Parsley, optional

Brown meat and add onions; cook until tender. Cook noodles and drain. Combine the corn, soups, sour cream, pimiento, salt and pepper. Stir in the meat-onion mixture. Add noodles. Pour into 2 ungreased 9x13" pans. Top with crushed buttered crackers. Bake at 350° for 45 minutes. Top with parsley if desired. May be refrigerated overnight. If refrigerated, allow 1 hour at 350° for baking. Serves 24 or more.

LASAGNA

Jane Woline

MEAT SAUCE:

1 lb. hamburger	1 1/2 tsp. salt
1/4 tsp. garlic juice	3 C. canned tomatoes
1 T. basil	2-6 oz. cans tomato paste

8 oz. lasagna noodles	1 lb. mozzarella cheese slices
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CHEESE FILLING:

3 C. small curd cottage cheese	1 1/2 tsp. salt
1/2 C. grated Parmesan cheese	1/2 tsp. pepper
2 T. parsley flakes	2 eggs, beaten

Brown meat; spoon off grease. Add remaining meat sauce ingredients. Simmer, uncovered, 30 minutes; stir occasionally. Cook noodles according to package directions. Drain. Rinse in cold water. Place half of cooked noodles in a 9x13" greased pan. Spread with half of the cheese filling. Cover with half of the cheese slices and half of the meat sauce. Repeat layers. Bake 375° for 30 minutes. Must bubble in the center. Let stand 10 minutes before serving.

CROCK POT LASAGNA

Margy Howe

1 lb. Italian sausage	2 garlic cloves, minced
1 onion, chopped	

Cook sausage, onion and garlic in skillet; drain.

1-29 oz. can tomato sauce	1-8 oz. pkg. lasagna noodles
1 C. water	16 oz. (4 C.) shredded mozzarella
1-6 oz. can tomato paste	12 oz. (1 1/2 C.) small curd cottage cheese
1 tsp. salt	1/2 C. grated Parmesan cheese
1 tsp. oregano	

Add tomato sauce, tomato paste, water, salt and oregano to skillet. Mix well. Spread 1/4 of meat mixture in 5-quart slow cooker. Arrange 1/3 of noodles over sauce. Combine the cheeses; spoon 1/3 of mixture over noodles. Repeat layers twice, top with remaining meat sauce. Cover and cook on low 4 to 5 hours or until noodles are tender. Makes 8 servings.

BAKED MACARONI AND CHEESE

Shaela Holtman

1-8 oz. pkg. macaroni	2 C. milk
3 T. flour	1/2 lb. grated American cheese
3 T. butter	1 C. dry bread crumbs

Cook macaroni in boiling salted water until tender. Drain and rinse. Make white sauce of butter, flour, milk and seasonings and 2/3 of cheese. Stir until melted. Pour over macaroni in greased baking dish. Sprinkle remaining cheese and crumbs over top. Bake at 325° for 30 minutes. For tomato macaroni, add 1 1/2 cup cooked tomatoes after half of macaroni is added.

DELUXE MACARONI AND CHEESE

Margaret Cory

2 C. small curd cottage cheese	3/4 tsp. salt
1 C. (8 oz.) sour cream	2 C. shredded sharp Cheddar cheese
1 egg, lightly beaten	7 oz. pkg. elbow macaroni

In a large bowl, combine the cottage cheese, sour cream, egg and salt. Add Cheddar cheese and mix well. Fold in macaroni and stir until coated. Transfer to a greased 2 1/2-quart baking dish. Bake uncovered at 350° for 30 minutes or until heated through. Serves 8 to 10.

EASY MANICOTTI

Carol Volker

1 box manicotti pasta	1-10 oz. pkg. frozen, chopped spinach
5 to 6 C. spaghetti sauce	3 C. shredded mozzarella cheese
16 oz. ricotta cheese	1/4 to 1/2 C. Parmesan cheese
1 egg	

Thaw spinach and drain. Squeeze to remove liquid. Heat oven to 350°. Mix spinach, ricotta, egg and 1 1/2 cups mozzarella. Using fork or fingers, stuff mixture into uncooked manicotti. Pour 2 cups of sauce in bottom of 13x9" baking dish. Arrange manicotti on sauce. Sprinkle remaining 1 1/2 cups mozzarella over top. Pour remaining sauce over all. Sprinkle with Parmesan cheese. Cover tightly with foil and bake 1 hour.

RAISED MEATBALLS

Ann Herriott

4 slices white bread, cubed
1/2 to 3/4 C. milk
3/4 tsp. salt
Pepper

1 lb. ground beef
Chopped onion
2 tsp. baking powder

Soak bread in milk; add salt and pepper. Add rest of ingredients and mix well. Shape into 16 walnut sized balls. Place in greased baking dish. Bake covered 30 minutes in 350° oven. Uncover. Bake another 30 minutes may add barbecue sauce. I like to use half ground ham.

MEATBALLS

Lucy Duitscher

1/2 C. milk
1/4 C. minced onion
2 eggs

1 tsp. salt
3 slices bread, crumbled
1 1/2 lb. hamburger

Combine milk, minced onion, eggs and salt. Add bread crumbs. Let stand 5 minutes. Add hamburger. Form into 4 dozen 1 to 1 1/2" balls. Bake at 375° for 20 minutes.

ANN'S MEATLOAF

Ann Costanzo

1 lb. hamburger
1 box of seasoned croutons,
crushed
1 T. Worcestershire sauce
1 egg

1/2 C. ketchup
3 T. onion, chopped finely
Garlic powder to taste
Salt and pepper to taste
1/2 can of jellied cranberry

Crushed the croutons and add to hamburger in mixing bowl. Add Worcestershire sauce, egg, onion, garlic powder, salt, pepper, and half of the ketchup. Mix well and form into a loaf and put in baking dish. Mix jellied cranberry sauce and rest of ketchup and frost the meatloaf with it. Bake at 350° for 45 to 60 minutes.

NOTE: Ann is John Davidson's sister. She and Mike Costanzo were married in Collegiate United Methodist Church on March 4, 1978.

GRANDMA HOLTMAN'S MEATLOAF

Shaela Holtman

1 lb. ground beef (85% lean)	Salt and pepper to taste
1 cube bouillon, dissolved	1/4 tsp. ground sage
1 tsp. onion flakes	1-8 oz. can tomato sauce
1 egg, slightly beaten	3/4 C. cracker crumbs

Mix all ingredients and bake 1 hour at 350°. Serves 6.

MEAT LOAF

Irma Winslow*

2 lbs. ground beef	1/2 C. chopped onion
1 lb. ground pork	1/2 C. chili sauce
2 C. cooked rice	1/2 C. milk
1/2 C. chopped carrot	1 egg

Mix all ingredients and put into large loaf pan. Bake 1 hour at 350° until done. Makes a large loaf. Serves 10 to 12.

PHEASANT CASSEROLE

Brent Burton

Parboil bird for 90 minutes, remove meat from bones and cut or break into small pieces. Save 1 cup of pheasant stock and combine with one 10 1/2 ounce can of cream of mushroom light soup (do not add water). Boil 1 package of Uncle Ben's long grain and wild rice following package directions. Place half of the rice mixture in an 8" square baking pan, add the pheasant pieces as a middle layer then top with the other half of the rice. Pour white sauce consisting of the stock and soup mixture over the rice and meat pieces. Bake at 350° for 1 hour. Can be frozen. If desperate, substitute chicken for pheasant.

The language of love is understood by all.

MIKE'S PHEASANT RECIPE

Mike Costanzo

4 pheasant breasts, skinned and boneless	1/2 tsp. garlic powder
1 C. flour	3 T. butter
1 tsp. salt	1 can cream of mushroom soup
1/2 tsp. pepper	1/2 can of milk or water

Mix flour, salt, pepper, and garlic powder in plastic bag. Shake pheasant in flour mixture to coat. Brown in butter. Add soup and liquid. Simmer covered on low heat for about 45 minutes, or until pheasant is tender. NOTE: Mike married Ann Davidson, John's sister, here at Collegiate United Methodist on March 4, 1978. He and Ann live with their 2 sons in Sioux Falls, SD, the pheasant capital of the world.

PHEASANT IN SPAGHETTI SAUCE

Mike Costanzo

4 pheasant breasts, skinned and boneless	1/2 tsp. pepper
1 C. flour	1/2 tsp. garlic powder
1 tsp. salt	3 T. olive oil
	1 jar of traditional spaghetti sauce chunky style

Mix flour, salt, pepper, and garlic powder in plastic bag. Shake pheasant in flour mixture to coat. Brown in oil. Add spaghetti sauce. Simmer covered on low heat for about 45 minutes, or until pheasant is tender.

FAVORITE MEXICAN CASSEROLE

Jane Kennedy

1 1/2 C. crushed tortilla chips	1 green pepper, diced
4 C. shredded cooked chicken	1 tsp. dried cilantro
1 can garbanzo beans, drained	2 tsp. minced garlic
1 can kidney beans, drained	Salt and pepper to taste
1 can corn kernels, drained	2/3 C. grated Monterey Jack
1 can tomato sauce	2/3 C. grated sharp Cheddar
1 C. salsa	2 C. diced ripe tomatoes for garnish, optional
2/3 C. chopped onion	

Preheat oven to 350°. Grease 13x9" baking dish and scatter tortilla chips evenly on the bottom. In a bowl, combine remaining ingredients except cheeses. Place half the mixture evenly in the baking dish. Combine the cheeses, then sprinkle half over the mixture. Repeat layers. Bake 30 minutes. Let stand 5 minutes before serving. Garnish with fresh diced tomato, if desired. Serves 9 to 12.

QUICHE

Jane Woline

1 frozen 9" pie shell
6 oz. grated Swiss cheese
1 lb. ham slices sandwich
meat, cubed

3 eggs, fork beaten
1 C. whipping cream
Salt, pepper, nutmeg to taste

Combine the above ingredients and pour into the frozen pie shell. Bake 375° about 45 to 50 minutes or until a knife inserted in the center comes clean.

CURRIED PORK CHOPS WITH ORANGES

Helen Davidson

4 pork chops, center cut
1/2" thick
1 C. orange juice
2 tsp. curry powder
4 tsp. cornstarch

1 T. snipped chives or parsley,
optional
2 T. honey
2 oranges
2 T. cold water

Trim separable fat from pork chops. Small amount of olive oil in bottom of large skillet. Preheat over medium heat. Add chops and brown on both sides. Drain fat. Add orange juice, honey and curry powder to skillet. Bring to boiling. Cover and simmer 30 to 40 minutes or until pork chops are tender and no longer pink. Remove chops from skillet; keep warm. Meanwhile, peel oranges. Section or slice crosswise; then halve circular slices. Set aside. Stir together cornstarch and water; stir into skillet. Cook and stir until thickened and bubbly. Stir in oranges and chives; heat through. Spoon over pork chops and serve.

The door to the human heart can be opened only from the inside.

HAWAIIAN PORK CHOPS

Maribeth Henney

2 butterfly cut pork chops
Black pepper
Soy sauce
Ginger

Crisco for frying
Brown sugar
1-8 1/4 oz. can crushed pineapple

Scrape pork chops and dry with paper towel. Sprinkle with black pepper. Brush with soy sauce. Sprinkle on ginger. Melt Crisco in skillet over high heat. Put pork chops in skillet with seasoned side down. While this side is browning, season other side. Turn fire down and let pork chops cook slowly, turning when necessary. Continue to baste a little from time to time. Allow at least an hour for cooking after preparation. Remove pork chops from skillet. Pour off some grease if there is too much. Put into the skillet some brown sugar, stirring into the brownings and grease from the skillet. Turn fire up for this. Put in pineapple, and stir. Turn fire down and simmer mixture. Serve on top of pork chops.

GLAZED PORK ROAST

Irma Winslow*

4 to 5 lbs. pork loin roast
Salt and pepper
2/3 C. brown sugar
2 1/2 tsp. dry mustard

2 T. cornstarch
2 C. apricot nectar
4 tsp. cider vinegar

Rub roast with salt and pepper. Score fat on roast in diamond pattern. Place in pan, fat side up. Insert meat thermometer into center of roast so it doesn't touch the bone. Bake at 325 to 350° until temperature reaches 170°. About 1/2 hour before roast is done, mix rest of ingredients in the sauce pan and heat until thickened. Spoon about 1/2 cup of glaze over roast and leave in oven about 15 minutes longer. Mix 3 tablespoon drippings with glaze. Heat and spoon over the roast when serving.

Try to fix the mistakes - never the blame.

SEASONED PORK ROAST

Margy Howe

1 to 2 lbs. boneless pork roast	1/4 C. honey
2 tsp. garlic salt	1 tsp. prepared horseradish
1/2 tsp. black pepper	1 tsp. ground ginger

Mix together garlic salt and pepper. Rub on the pork roast. Roast at 350° for 40 minutes per pound. Baste the last 30 minutes with a mixture of the honey, horseradish and ginger.

PORK TENDERLOIN

Deborah Blaedel

2 pork tenderloins	1 T. + 1 tsp. minced fresh ginger
1/4 C. honey	1 T. minced garlic
1/4 C. soy sauce	1 T. ketchup
1/4 C. oyster sauce	1/4 tsp. ground red pepper
2 T. brown sugar	

Mix together honey, soy sauce, oyster sauce, brown sugar, ginger, garlic, ketchup, and ground red pepper in zip lock bag. Add tenderloins. Remove as much air as possible, and marinate in refrigerator 4 to 6 hours or overnight, turning bag occasionally. Grill 35 to 45 minutes, brushing with marinade. Cook on unlit side so it doesn't burn. Slice across the grain diagonally to serve.

NOTE: Deborah received this recipe from her friend Michelle Ryma.

GRILLED MARINATED SALMON

Mark Blaedel

1/4 C. soy sauce	1/2 tsp. rounded Paul Pudhomme
2 tsp. sesame oil	blackened redfish seasoning
2 tsp. Dijon mustard	1 large whole salmon fillet

Mix marinade ingredients in large Ziploc bag. Add salmon fillet. Squeeze out air and seal. Place in shallow pan and marinate in refrigerator overnight, turning several times. Preheat grill to medium indirect heat, about 350°. Lay fillet skin side down on grill, reserving marinade. Cook for 7 to 8 minutes. Ladle marinade over fillet. Turn fillet with broad spatula. Remove and discard skin. Ladle marinade over fillet. Cook additional 7 to 8 minutes.

NOTE: This is excellent as is and good leftover, cold with bagels and cream cheese.

SALMON PATTIES

Carol Volker

1 can (1 lb.) salmon, skin and bones removed
2 eggs
1/3 C. mayonnaise
2/3 C. saltine cracker crumbs
(16 crackers, may need 3 or so more)

1/2 tsp. Old Bay seasoning
1 T. onion flakes or 1/4 C. green onions, minced
1/4 C. red bell pepper, if available

Beat eggs in bowl. Add mayonnaise, and seasoning. Stir in salmon, onions, red pepper and 1/3 cup of the cracker crumbs. Form into 1/2" thick patties. Place remaining cracker crumbs in shallow bowl or on waxed paper and press salmon cakes into crumbs, coating completely. Heat oil in skillet. Fry cakes until brown and crisp, about 6 minutes per side. Makes 4 or 5 patties.

OLD WORLD SAUERKRAUT DINNER

Judy Sampson

(Crock pot)

3 strips bacon, cut into small pieces
1 1/2 tsp. flour
2 large cans sauerkraut
2 small potatoes, cubed

2 small apples, cubed
2 T. brown sugar
3 lbs. polish sausage, cut into pieces
1/2 C. water

Fry bacon until crisp, drain. Add flour to bacon drippings and blend well. Stir in sauerkraut and mix well. Place sauerkraut mixture and bacon pieces in crock pot. Add all ingredients; stir together thoroughly. Cover and cook on low 7 to 9 hours or 3 to 4 hours on high.

There is no right way to do the wrong thing.

SPARERIBS AND SAUERKRAUT

Dolores Brown

- | | |
|--|--------------------------------|
| 1 1/2 lbs. sauerkraut | 1 can condensed beef |
| 2 tart apples, peeled, cored,
chopped | consommé |
| 1 tsp. instant minced onion | 1 can water |
| 1/2 tsp. celery seed | 2 tsp. prepared mustard |
| 1 1/4 C. ketchup | 1/2 tsp. garlic salt |
| 1 tsp. Worcestershire sauce | 1/8 tsp. pepper |
| | 4 lbs. country-style spareribs |

Drain sauerkraut. Leave in cold water 15 minutes. Squeeze dry between hands. Mix with apple, onion and celery seed and put in greased large shallow baking pan. Combine remaining ingredients, except spareribs. Mix well. Cut spareribs in individual portions. Wipe with damp cloth. Dip into ketchup mixture. Arrange over sauerkraut. Pour any remaining sauce over them. Bake at 375° 1 1/2 to 2 hours or until meat is tender. Turn ribs over several times while baking. Serves 8.

COMPANY SAUSAGE AND RICE

Avanell Panzer*

- | | |
|-------------------------|------------------------------|
| 2 lbs. sausage | 1 jar pimientos |
| 2 onions, chopped | 1 can mushrooms |
| 3 C. chopped celery | 1 C. almonds |
| 1 C. rice | 2 pkg. Lipton chicken noodle |
| 1 green pepper, chopped | soup |

Form sausage into balls, brown and remove to 2-quart baking dish. Pour off all fat except 2 tablespoons. Sauté onions, celery, rice and green pepper until tender crisp. Add to baking dish. Chop pimientos and mushrooms and add. Dilute 2 packages soup and pour in. Sprinkle almonds on top and cover with foil. Bake at 325° for 1 1/2 hours. May be made ahead but add almonds just before baking.

SEVEN LAYER CASSEROLE

Maxene Spohnheimer*

- | | |
|---------------------------------|------------------------------|
| 1 C. uncooked long grained rice | 3/4 lb. uncooked ground beef |
| 1 can whole kernel corn | 1 can tomato sauce |
| 1 can tomato sauce | + 1/4 C. water |
| + 1/2 C. water | Bacon, for top |
| 1/2 C. green onion, chopped | |

Layer the ingredients in order in deep baking dish. Cover with fine strips of bacon. Bake at 350° for 1 hour, then at 400° for 25 to 30 minutes. Serves 8 to 10.

MYF SLOPPY JOES

Janet Beer and Lois Gruber

1 lb. ground beef
1 onion, chopped
1 T. prepared mustard

1 can chicken gumbo soup
2 T. ketchup
Salt and pepper to taste

Brown ground beef with onion. Add remaining ingredients and simmer for at least 1/2 hour. Serve on hamburger buns. This recipe makes enough for 6 or 7 generous servings.

NOTE: Can add 2 scoops of pickle relish or chili powder to taste. Also, it is thought that if you double this recipe, you don't need to double the soup. One can of chicken gumbo is enough for 2 pounds of hamburger. This recipe was used by parents at the Wednesday suppers for the Methodist Youth Fellowship, during the 1960s. On the following Wednesday, one cook from the former Wednesday would cook with the next parents. That way there was always someone with experience in the kitchen as they planned, prepared, and got acquainted.

SLOPPY JOES

John Davidson

1 lb. lean ground beef
1/2 C. finely chopped onion
1 + 1/4 C. diced carrots
3/4 C. diced celery

1/2 C. condensed tomato soup
1/4 C. ketchup
1/2 C. water

Brown crumbled ground beef with onions. Salt and pepper to taste. Boil or microwave carrots and celery until just softened. Do not salt vegetables or liquid ingredients. (Note: sodium content of soup and ketchup.) Stir together all ingredients in saucepan and simmer covered 30 minutes, stirring occasionally. Remove cover and continue simmering until reduced to serving consistency, stirring often. Makes 6 servings.

It isn't the travel that's broadening - it's all that rich foreign food.

SLOPPY JOES

Marian Solomon

- | | |
|-------------------------|-------------------------|
| 2 lbs. hamburger | 1 T. thyme |
| 1 lb. ground pork | 1 T. oregano |
| 1 small can of tomatoes | 1 tsp. marjoram |
| 1 large onion, diced | Ground pepper to taste |
| 1/2 C. ketchup | 1 tsp. anise seed |
| 1/4 C. mustard | 2 cloves garlic, minced |
| 1/4 C. sugar | 1 to 3 tsp. hot sauce |

Brown meats and onions over medium heat. Add other ingredients and simmer for 3 hours.

MOM'S SPAGHETTI

Deborah Blaedel

- | | |
|---|------------------------------|
| 1 lb. ground beef | 1/2 tsp. allspice |
| 1 T. Mazola oil or enough to keep from sticking | 2 small cans of tomato paste |
| 16 oz. spaghetti | 1 tsp. salt |
| 1 green pepper, chopped | 1/4 tsp. pepper |
| 1/2 C. olives, chopped | 1 1/2 C. tomatoes |
| 3 T. olive juice | 1/2 tsp. sugar |
| 1 tsp. thyme | 1 bay leaf |
| | 3 sections garlic, minced |

Use deep iron skillet. Heat oil, brown garlic and pepper, add meat and mash as it sears. Add tomato paste diluted with same amount water. Add salt, pepper, and other seasonings. Let simmer slowly for about 1 hour. Add chopped olives along with brine from olives. Cook 10 minutes longer. Cook spaghetti until al dente and serve with sauce.

Our bodies change but our emotions never grow old.

SPINACH HAM ROLL-UPS

Bev Shirbroun

1-10 3/4 can cream celery soup	1-8 oz. small curd cottage cheese
1-8 oz. sour cream	2 eggs
2 T. Dijon style mustard	1/4 C. flour
1 C. quick cooking rice	1 1/2 lb. boiled ham,
1-10 oz. pkg. frozen chopped	approximately 18 slices
spinach, thawed, squeeze dry	Parsley buttered bread crumbs
1/2 C. finely chopped onion	Paprika

Preheat oven to 350°. In small bowl, mix soup, sour cream and mustard. In medium bowl, combine 1/2 soup mixture, rice, spinach, cottage cheese, eggs, onion and flour. Mix well. Place about 2 heaping tablespoon of spinach mixture on each ham slice. Roll up and place close together, seam side down, in 11x7" baking dish. Spoon remaining soup mixture over roll-ups. Top with crumbs and paprika. Bake, uncovered, 30 to 35 minutes or until hot. Let stand 10 minutes before serving.

JULIE'S EASY SHELLS

Julie Schubert

25 jumbo shells	12 oz. dry curd cottage cheese
28 oz. Prego traditional	8 oz. mozzarella cheese,
spaghetti sauce	shredded
1 egg	Some grated Parmesan cheese,
	1 to 2 T.

Bring water to boil in 5-quart Dutch oven. Add shells. Boil 12 minutes. Meanwhile, combine egg and cheeses. Drain shells and rinse in cold water. Cover bottom of 9x13" pan with thin layer of spaghetti sauce. Stuff shells, using soup spoon, and put in pan. Pour remaining spaghetti sauce over shells, almost covering everything. Cover with foil. Bake at 375° for 30 minutes or until the center is hot.

Kindness is becoming at any age.

SOLYANKA

Carol Volker

4 medium potatoes	1/4 C. sunflower seeds
4 packed C. shredded green cabbage	1 1/2 C. cottage cheese
1 1/2 C. chopped onion	1/2 C. sour cream
3 T. butter	1/2 C. yogurt
1/2 tsp. ground caraway seed	2 T. cider vinegar
1/2 tsp. dill weed	1 1/2 tsp. salt
	Black pepper and paprika to taste

Scrub the potatoes, peel if you want. Cut them into small pieces and boil until mashable. Drain and mash, while still hot, with the cottage cheese, sour cream and yogurt. Sauté onions in butter with 1/2 teaspoon salt. After 5 minutes, add ground caraway, cabbage and remaining salt. Sauté until cabbage is tender. Combine with potato mixture, and add everything except 2 tablespoons sunflower seeds and paprika. Taste to correct seasoning. Spread into deep, buttered casserole. Top with paprika and remaining sunflower seeds. Bake at 350°, uncovered, 35 to 40 minutes.

MARINATED GRILL FLANK STEAK

Mark Blaedel

Juice of 1 lemon	1 large clove garlic, sliced thinly
1/2 C. soy sauce	Chopped green onion, to taste
1/3 C. or more dry red wine	Chopped dill weed, to taste
3 T. corn oil	Celery seed, to taste
2 T. Worcestershire sauce	1 1/2 lb. flank steak

Mix marinade ingredients in large Ziploc bag. Add flank steak, squeeze out all air, and seal so that marinade is in contact with all surfaces of meat. Place bag in shallow pan. Marinate overnight in refrigerator, turning bag over occasionally. Preheat grill to medium indirect heat, about 350°. Lay flank steak over grill and cook about 17 minutes, reserving marinade. Before turning, ladle marinade over flank steak. Flip and ladle marinade with green onion over steak again and grill another 17 minutes. Lay steak on cutting board. With sharp broad bladed knife held almost parallel to cutting board, slice meat thinly on the diagonal across the grain. Serve.

NOTE: This is good hot, at room temperature or cold the next day.

SWISS STEAK

Maribeth Henney

Thick piece of round or sirloin steak	Onion
Carrots, chopped	Celery
Green pepper	Tomato sauce or crushed canned tomatoes

Have the steak tenderized at the store, or pound flour into it on both sides. Brown both sides of meat in skillet. Add carrots, green pepper, onion and celery. (Amounts in whatever you want.) Add tomato sauce or canned crushed tomatoes, and water as needed. Cook 2 hours on simmer, turning 2 or 3 times or more. When tender, serve with sauce on meat.

AUTUMN STEW

Sue Scott

1 lb. ground beef	1 C. chopped onion
-------------------	--------------------

Brown, then add:
4 to 6 cups water, simmer 20 minutes.

ADD:

1 C. each carrots, celery and potatoes, chopped	1 bay leaf, crumbled
2 tsp. salt	Pinch basil
1/2 tsp. pepper	Canned tomatoes to taste
1 tsp. meat extract	1/4 to 1/2 C. wine

For soup supper, make 4 times the recipe, using 3 large cans diced tomatoes.

Leftovers are a kind of food that are here today - and here tomorrow.

BEEF STEW

Sherry Davidson

- | | |
|--------------------------------------|-----------------------------------|
| 1 lb. stew meat | 1 pkg. frozen green beans |
| 1 pkg. Lipton beef onion
soup mix | 1/4 C. red wine |
| 1 onion, chopped | 3 to 4 potatoes, peeled and cubed |
| 3 to 4 carrots, peeled, sliced | 3 T. flour |

Brown beef with chopped onion, and put in crock pot. Add onion soup mix and red wine. Add remaining ingredients except the flour. Add enough water to just cover everything. Cook on high for 1/2 hour, then turn to low and cook until meat is tender. 15 to 30 minutes before serving, remove some broth and mix with flour until smooth and return it to the crock pot, and stir.

BRUNSWICK STEW

Ann Herriott

Cut 2 chicken breasts into bite size pieces, sprinkle with paprika, and cook in skillet with 1 tablespoon oil. Add 1 medium chopped onion and 1/2 chopped green pepper and cook until tender.

In crock pot add:

- | | |
|------------------------------------|-------------------------------|
| 1 can stewed tomatoes | Salt, pepper, parsley flakes |
| 1 can corn, drained | 1 1/4 C. water |
| 1 box frozen lima beans,
cooked | 2 T. flour |
| | 1/2 tsp. Worcestershire sauce |

Add the chicken, onion, pepper mixture and cook in crock pot. A very hearty stew for cold days.

NOTE: A popular Southern recipe, originating in Brunswick, Georgia or on St. Simons Island.

The dictionary is the only place that success comes before work.

NELLS SEVEN HOUR STEW

Margy Howe

- | | |
|------------------------|--------------------------|
| 3 lbs. stew meat | 1 can green beans |
| 3 large carrots | 2 bay leaves |
| 4 T. instant tapioca | 3 bouillon cubes |
| 3 large onions | 1 tsp. pepper |
| 1 T. brown sugar | 1 tsp. poultry seasoning |
| 2 cans stewed tomatoes | 3 tsp. salt |
| 1/2 C. bread crumbs | |

Mix all together. Bake at 250° for 7 hours in covered Dutch oven. One hour before stew is done, add potatoes, if desired.

SWEET GLAZED TOFU CUTLETS

Tim and Kathryn Gossett

- | | |
|---|---------------------------------|
| 1 lb. firm or extra firm tofu,
drained | 2 T. honey |
| 1 T. canola oil | 2 T. soy sauce |
| 1 tsp. sesame oil | 2 T. sherry |
| | 2 scallions, sliced for garnish |

Cut the tofu crosswise into 1/4" thick slices. Blot them lightly between paper or tea towels. Combine the oils, honey soy sauce, and sherry in a small bowl. Heat the mixture slowly in a wide skillet. Arrange the tofu in the skillet, then flip immediately so they will be coated on both sides with the sauce. Fry over moderately high heat until the underside is nicely golden and crisp about 7 minutes, then flip again and fry until the other side is crisp. Serve scattered with scallion slices. Goes wonderfully with Indonesian Noodles (page 72). Makes about 4 side dish servings.

Sad fact of life - square meals make round people.

INDONESIAN NOODLES

Tim and Kathryn Gossett

- | | |
|---|---|
| 1/2 lb. soda or undon noodles
(available in the Asian section
of groceries) | 1 tsp. fresh ginger or
1/4 tsp. ground |
| 2 T. peanut oil | 1/2 lb. fresh mung bean sprouts |
| 1 large onion, quartered and
sliced thinly | 1 1/2 C. snow peas, trimmed |
| 3 cloves garlic, pressed | 2 T. soy sauce |
| | Hot red pepper flakes, to taste |
| | Dry-roasted peanuts |

Start cooking the noodles. Meanwhile, heat the oil in a large skillet. Sauté the onion and garlic over medium heat until the onion is golden, about 5 minutes. Add the remaining ingredients except the peanuts and stir fry over moderately high heat until the sprouts and snow peas are tender crisp, about 5 minutes more. When the noodles are done, drain them and add them to the vegetables. Stir fry 3 to 4 minutes more. Serve with a garnish of peanuts. Makes about 4 main dish servings.

CHILI FLAVORED TURKEY STEW WITH HOMINY AND TOMATOES

Barbara Munson

- | | |
|---|--|
| 2 T. olive oil | 1-14.5 oz. can diced tomatoes |
| 1 large onion, cut into medium
dice | 1-14.5 oz. can chicken broth |
| 1/2 red bell pepper, cut into
small dice | 2 C. canned hominy, drained |
| 3 large garlic cloves, minced | 4 C. leftover turkey meat (or less),
bite size pieces |
| 1 1/3 T. chili powder | Salt and pepper to taste |
| | 2 T. minced fresh cilantro |

Heat oil in large, deep sauté pan over medium high heat. Add onion and peppers, garlic and chili powder and sauté until golden; continue to cook until fragrant, 1 to 2 minutes longer. Add tomatoes, broth and hominy; bring to simmer. Reduce heat to low and simmer, partially covered, about 10 minutes, to blend flavors. Add turkey, salt and pepper. Simmer until heated through, about 5 minutes. Stir in cilantro. Serve with tortilla or corn chips if you like.

TURKEY CABBAGE STEW

Janet Beer

- | | |
|---|----------------------|
| 1 lb. ground turkey | 1 T. brown sugar |
| 1 medium onion, chopped | 1 T. white vinegar |
| 3 garlic cloves, minced | 1 tsp. salt |
| 4 C. chopped cabbage | 1 tsp. dried oregano |
| 2 medium carrots, sliced | 1/4 tsp. dried thyme |
| 1-28 oz. can diced tomatoes,
undrained | 1/4 tsp. pepper |

In a large saucepan, cook turkey, onion and garlic over medium heat or until meat is no longer pink. Add the remaining ingredients. Bring to a boil; cover and simmer for 6 to 8 minutes or until the vegetables are tender. Yields 6 servings.

NOTE: This may be cooked in a crock pot, 4 hours on low.

Recipe from Maxine Bogue, prepared for Koinonia group.

SWEET POTATO, SAUSAGE AND APPLE CASSEROLE

Bette Coulson

- | | |
|--------------------------------|--------------------------|
| 1 lb. sausage links | 1/4 C. brown sugar |
| 3 large apples, peeled, sliced | 1/4 C. sausage drippings |
| 3 medium sweet potatoes | 1/4 C. boiling water |

Boil sweet potatoes until soft; peel and cut into halves lengthwise. Line the bottom of a buttered shallow baking dish with the sweet potatoes. Fry the sausage links until golden brown. Place the sausage over the potatoes and cover with sliced apples. Sprinkle the brown sugar over and pour over it the combined drippings and water. Cover and bake in a 350 to 375° oven about 30 to 40 minutes.

Learn from all that you know.

GRILLED TURKEY TENDERLOIN

Pat Burns

1 lb. turkey tenderloins,
3/4 to 1" thick

Marinade:

1/4 C. soy sauce

1/4 C. vegetable oil

1/4 C. apple juice

2 T. lemon juice

2 T. dehydrated onion

1/4 tsp. ginger

Dash of black pepper

2 cloves of garlic, minced

Combine marinade ingredients and marinate meat several hours, turning occasionally. Grill steaks over hot coals 8 to 10 minutes per side, depending on thickness.

NOTE: One can bake these after marinating, instead of grilling, if you prefer, in a 350° oven for approximately 45 minutes to an hour.

TURKEY NOODLE CASSEROLE

Beverly Marion to Betty Barton

1 1/2 lbs. ground turkey

1/3 C. chopped onion

1/3 C. chopped green pepper

1-15 oz. can tomato sauce

1/2 tsp. salt

1/2 tsp. pepper

Brown above ingredients and drain excess fat.

1-8 oz. pkg. of wide noodles

Cook and drain.

1-8 oz. pkg. Neufchatel cheese,
cubed

1 C. low fat cottage cheese

Mix cheeses together.

Layer with noodles in casserole dish:

1/2 C. low fat yogurt

1 T. poppy seeds

Bake 375° 30 minutes covered and 10 minutes uncovered.

RANCH TURKEY CUBANOS

Suzanne Davidson and
Patrick Maas

2 flour tortillas
2 T. ranch salad dressing
1-2.5 oz. pkg. thinly sliced
turkey

2 slices Swiss cheese
1/2 chopped lettuce

Spread tortilla with 1 tablespoon of ranch salad dressing. Place 1/2 package of turkey, 1 slice of Swiss cheese, and 1/4 cup lettuce. Fold up like a burrito. Place in skillet. Gently place heavy skillet on top. Cook over medium heat for 3 minutes. Turn and cook additional 2 1/2 minutes with heavy skillet on top. Outsides will be slightly brown.

NOTE: These are good cold, and 4 fit into a skillet. So you can double the recipe, and put 2 back for lunches.

VEGETABLE CASSEROLE

Jane Woline

1 pkg. (1 lb. bag) California
blend frozen vegetables
carrots, broccoli, cauliflower

8 oz. Velveeta cheese, cubed
1 stick margarine
1/2 small box of Ritz crackers,
crushed

Cook vegetables until almost done. Drain. Put in a buttered 2-quart baking dish. Sprinkle cubed cheese on top. Mix together the melted margarine and the crushed Ritz crackers and put on top of vegetables and cheese. Bake at 350° for 15 to 20 minutes or until bubbly.

WIRSING EINTOPF

Deborah Blaedel

4 smoked pork chops
2 onions, chopped
6 potatoes, peeled and cubed

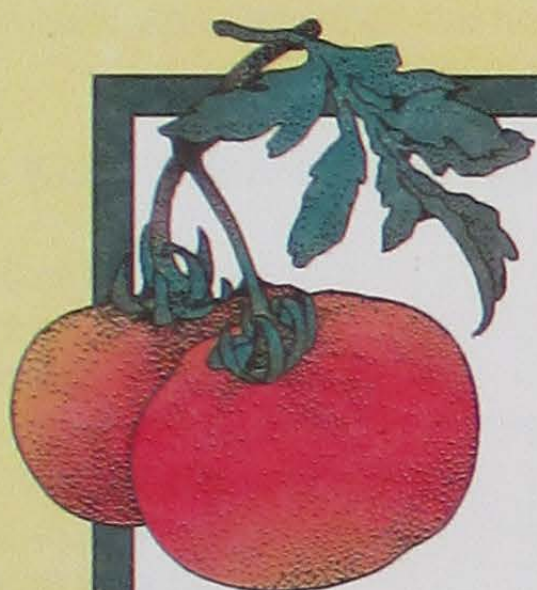
2 to 3 heads Wirsing,
(Savory cabbage)
2 or 3 Polish sausage, sliced

Cover pork with water. Add onions. Cook 1 hour or until tender. Clean Wirsing and shred, removing tough center spine from each leaf. Add to pot. When cooked down, add sliced Polish sausage. Salt and pepper. Season with Maggi at table.

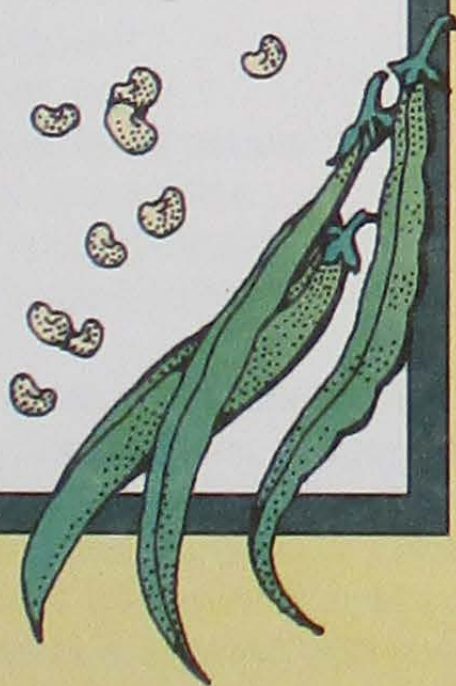
NOTE: Other pork preferably smoked such as ribs and slab bacon can be used in place of pork chops. This was the dish that Deborah's German landlady made for her whenever she was going to fly anywhere. She called it her last meal.

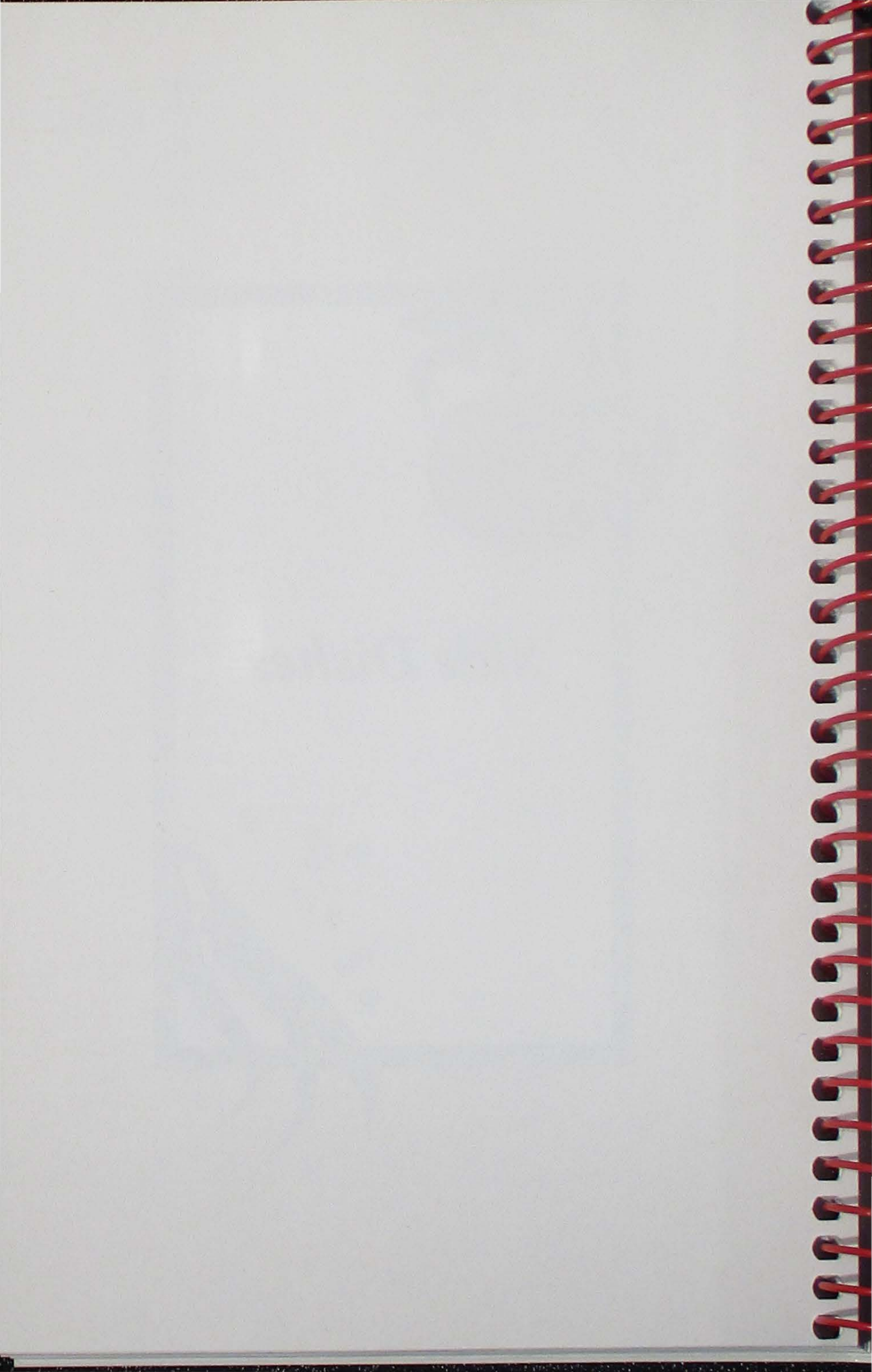


Notes



Side Dishes





APPLESAUCE

Marian Solomon

5 or 6 apples
1/3 C. sugar

2 to 4 cinnamon red hot candies

Peel and cut up apples. Add sugar and heat for 15 to 20 minutes over medium heat. Add cinnamon red hot candy for color and taste.

PARTY BAKED BEANS WITH PINEAPPLE

Jane Kennedy

1/2 lb. bacon, cooked and
crumbled

1/2 C. onion, chopped and
fried in bacon drippings

28 oz. can baked beans

15 oz. can butter beans

17 oz. can lima beans

15 oz. can kidney beans

2/3 C. light corn syrup

1/3 C. ketchup

1/8 C. vinegar

1 T. prepared mustard

1/2 tsp. garlic powder

20 oz. can pineapple

Mix together. Top with pineapple. Sprinkle with paprika (optional). Bake at 350° for 1 1/4 hours. Let stand 10 minutes. Serves 30.

CUBAN BLACK BEANS

Cindy McCalmont

1 lb. dried black beans

1 large onion, chopped

1 green pepper, chopped

6 cloves garlic, minced

1-4 oz. jar diced pimiento,
drained

1/4 C. olive oil

5 C. water

1-6 oz. can tomato paste

1 T. vinegar

2 tsp. salt

1 tsp. sugar

1 tsp. black pepper

Hot cooked rice

Shredded cheese

Chopped onions

Sort and wash beans; place in large Dutch oven. Cover with water 2" above beans; let soak 8 hours. Drain. Sauté onion, pepper, garlic and pimiento in olive oil until tender. Combine beans, 5 cups water, sautéed vegetables, tomato paste and next 4 ingredients. Bring to a boil. Cover; reduce heat and simmer over low heat 1 1/2 hours or until beans are tender, stirring occasionally. Serve over rice. Garnish with cheese and onions. Serves 8.

MIXED BEAN BAKE

Janet Stephenson

1-28 oz. can pork and beans	1 chopped onion
1-16 oz. can green beans	1 C. chili sauce
1-16 oz. can lima beans	1 tsp. salt
1-16 oz. can kidney beans	2 tsp. dry mustard
1-16 oz. can wax beans	1 T. Worcestershire sauce
1/2 lb. bacon, diced	1/4 C. vinegar
	1/2 C. brown sugar

Drain all beans except pork and beans. Cook bacon until crisp; drain. Combine all ingredients and turn into casserole or crock pot. Bake, uncovered, at 350° for 1 hour. Serves 10.

BROCCOLI WITH GARLIC BUTTER AND CASHEWS

Scott and Susan Grotewold

1 1/2 lbs. fresh broccoli	2 tsp. white vinegar
1/3 C. butter	1/4 tsp. pepper
1 T. brown sugar	1/4 tsp. minced garlic
3 T. soy sauce	1/3 C. salted, roasted cashews

Remove and discard broccoli leaves and tough ends of stalks; cut into spears. Cook broccoli in a small amount of boiling water for 8 minutes, or until crisp tender. Drain well. Arrange broccoli in a serving platter. Set aside and keep warm. Melt butter in a small skillet over medium heat; add brown sugar, soy sauce, white vinegar, pepper and garlic. Bring to a boil; remove from heat. Stir in cashews. Pour sauce over broccoli and serve immediately.

If you want to put the world right, start with yourself.

SPICY ORANGE BROCCOLI

Doug Meinhard

2 lbs. broccoli	1 garlic clove, crushed
1/4 C. orange juice concentrate	1/8 tsp. red pepper flakes, or less
1/4 C. water	1 1/2 tsp. cornstarch
2 tsp. Dijon mustard	1 T. water
2 tsp. grated orange zest	2 T. toasted sesame seeds
1/2 tsp. reduced salt soy sauce	

Cut broccoli florets into 1 1/2" pieces. Peel stalks and use them also. Put into microwave safe bowl. Heat juice, water, soy sauce, garlic, pepper to a boil in sauce pan. Mix cornstarch with 1 tablespoon water and add to boiling juice mixture. Cook until thick, about 1 minute. Cook broccoli in microwave 3 minutes. Stir and test for doneness. We like it hot yet crisp. Add orange sauce and toss. Sprinkle toasted sesame seeds on top. (Toast seeds in dry skillet until nicely browned.)

CARROT PUDDING

Deborah Blaedel

2 to 2 1/2 C. cooked carrots, mashed	2 heaping T. plain flour
1/2 tsp. salt	1/4 tsp. cinnamon
1 C. sugar	1 C. milk
1/2 stick butter, melted	3 eggs, well beaten
	1 tsp. baking powder

Combine carrots with salt, sugar, and butter. Add remaining ingredients and mix. Bake at 350° for 1 hour in 1 1/2-quart baking dish.

NOTE: Deborah received this from her friend Linda Rose.

Life is an exciting book, and every year starts a new chapter.

CHURCH CARROTS

Ruby Buck

2 lbs. carrots, peeled, sliced
and cooked to tender crisp.
Drain.

SAUCE:

3 T. butter or margarine	3 T. flour
1/2 small onion, diced	1/2 tsp. salt
1/2 tsp. dry mustard	1/2 tsp. celery salt
1/8 tsp. pepper	1 1/2 C. milk
1/2 lb. processed cheese spread (Velveeta), cubed	

Slightly sauté onion in butter or margarine. Add flour and seasonings. Slowly stir in the milk. Cook until it simmers, simmer 1 minute. Add cheese and stir until blended. Grease casserole, add carrots. Bake at 350° for 20 minutes until bubbly. Garnish with buttered crumbs. Serves 8 to 10.

MAPLE ROASTED CARROTS AND PARSNIPS

Carol Volker

1 lb. carrots (6 medium), peeled	1/2 tsp. salt
12 oz. parsnips, peeled	1/4 tsp. pepper
1 T. vegetable oil	1 T. maple syrup

If carrots and parsnips are large and thick, cut them lengthwise in halves or quarters. To roast evenly, they should all be about the same size. Heat oven to 450°. Have a rimmed baking sheet ready. Place carrots and parsnips on baking sheet. Sprinkle with oil, salt and pepper, stir gently until evenly coated. Bake 25 to 30 minutes, turning vegetables over after 15 minutes, until tender and browned. Remove from oven, drizzle with maple syrup and gently toss until coated. Transfer to a serving bowl; serve immediately.

A smile is a curve that can set a lot of things straight.

CORN CORN CORN

Jane Kennedy

1 can whole kernel corn, drained	1/2 to 1 C. sour cream
1 can cream style corn	1 egg, beaten
1 box Jiffy corn muffin mix	1/2 to 1 stick margarine
Chopped onion, optional	Up to 1/2 C. shredded Cheddar cheese, optional

Melt margarine. Stir in all ingredients. Bake 1 hour at 350° in a 13x9" pan.

CORN SCALLOP

Rochelle Ginder

1-14 1/2 oz. can cream style corn	1 stick butter, melted
1-14 1/2 oz. can whole kernel corn	1 C. sour cream
	1-8 oz. pkg. Jiffy corn muffin mix
	2 eggs, slightly beaten

Do not drain corn. Mix all ingredients. Spray 11x7" baking dish with vegetable spray. Bake at 350° for 35 to 40 minutes. Casserole will puff up and get crusty while baking.

GRANDMA YOUNG'S CORN BAKE

Shaela Holtman

Sauté until soft:

1/2 C. butter	1/2 green pepper, chopped
1 small onion chopped	

Mix 1 box Jiffy corn muffin with 3 eggs. Add onion and pepper mixture.

ADD:

1 can whole kernel corn	1 can cream style corn
-------------------------	------------------------

Pour into 2-quart casserole dish.

Mix and place on top of corn mixture.

1 C. sour cream	1 C. grated Cheddar cheese
-----------------	----------------------------

Bake at 350° for 45 to 60 minutes. If mixture jiggles it's not done. For big groups, double everything and place in 2 pans.

SCALLOPED CORN

Janet Stephenson

- | | |
|---------------------------|--|
| 2 or 3 eggs | 1 small box cornbread mix |
| 1-8 oz. carton sour cream | 1-16 oz. can whole kernel corn,
don't drain |
| 1 stick margarine, melted | 1-16 oz. can cream style corn |

Beat eggs with sour cream. Add margarine and cornbread mix. Add corn. Bake in a 9x13" pan at 350° for 45 to 60 minutes.

CORN CASSEROLE

Sandi to Sue Scott

- | | |
|---------------------------------|------------------------------------|
| 1 can drained whole kernel corn | 1/2 C. melted butter |
| 1 can creamed corn | 2 beaten eggs |
| 8 oz. sour cream | 1 small pkg. cornbread mix (Jiffy) |

Combine all ingredients. Bake in greased 2-quart casserole at 350° for 1 hour.

MEXICAN CORN BAKE

Margaret Cory

- | | |
|--|---|
| 15 1/4 oz. can cream style corn | 1 1/2 C. shredded Cheddar
cheese |
| 2 eggs, beaten | 1/2 C. finely chopped onion |
| 1 C. (8 oz.) sour cream | 4 1/2 oz. can chopped green
chilies, drained |
| 1/4 C. butter, melted | 8 1/2 oz. pkg. corn muffin mix |
| 14 3/4 oz. can whole kernel corn,
drained | |

In large bowl, combine cream style corn, eggs, sour cream, and melted butter. Stir in corn, Cheddar cheese, onion and green chilies. Add corn muffin mix, stirring until moistened. Turn into greased 2-quart casserole. Bake at 350° for 1 hour until knife inserted in center comes out clean and top is golden. Let stand 5 minutes before serving. Serves 8 to 10.

A vacation is having nothing to do and all day to do it.

DEVILED EGGS

Barb Gauger

6 eggs
1/4 C. mayonnaise or
salad dressing

1 tsp. prepared mustard
1 tsp. vinegar
Paprika or parsley sprigs, optional

Place 6 eggs in saucepan. Cover with cold water to cover eggs. Bring to boiling point over high heat. Reduce heat so water is just simmering; cover. Cook 15 minutes; drain. Cover eggs with cold water; let stand 2 minutes to quickly cool. Peel off eggshell. Halve the hard cooked eggs lengthwise; remove yolks. Place yolks in bowl; mash with fork. Add mayonnaise, mustard and vinegar. Season with salt and pepper. Stuff egg whites with the yolk mixture. Garnish with paprika or parsley. Serves 12.

GREEN CHILE CHEESE GRITS

Margaret Sheppard

4 C. water
1 C. quick cooking grits
2 tsp. salt
6 oz. Cheddar cheese,
shredded

2 T. butter
4 eggs, beaten
1-4 oz. can green chilies, drained,
chopped
1/2 tsp. garlic powder

Combine the water, grits and salt in a saucepan. Cook for 10 minutes or until the water is absorbed. Stir in the cheese and butter. Add the eggs and mix well. Stir in the chilies and garlic powder. Spoon into a buttered 2-quart baking dish. Bake at 400° for 30 minutes. Yields 8 servings.

NOTE: You may omit the green chilies if you like.

SHELLEY'S OVEN POTATOES

Shaela Holtman

2 lb. pkg. Mr. Dell's hash
browns, defrosted
1 can cream of potato soup
1 can cream of chicken soup

1 C. sour cream
1 T. chopped onion or
1 to 2 tsp. minced onion
2 C. grated Cheddar or Velveeta
cheese

Mix all ingredients. Bake in greased 9x13" pan for 45 minutes at 350°.

QUINOA, NATURE'S MOST PERFECT FOOD

Wesley F. Buchele

1 C. Quinoa (kein 'waa) 2 C. water

Rinse the grain twice in cold water to flush out the natural bird repellents that humans do not like to eat. Boil the grain in a 2-quart pan for about 15 minutes. The grain should still be crunchy when it is taken off the fire. Most recipes say to boil for 30 minutes. Fifteen minutes is long enough. There should still be liquid showing on the side of a tipped pan above the cooked grain. The liquid will absorb as it cools.

BRAZILIAN RICE

Dolores Brown

1/4 C. oleo	2 tsp. salt
1 T. chopped onion	1/2 tsp. each marjoram, thyme,
1 C. milk	rosemary
4 beaten eggs	2 pkgs. chopped spinach
1 T. Worcestershire sauce	3 C. cooked rice (or 4 to 5 C.)
	1 lb. shredded Cheddar cheese

Sauté onion in oleo. Add rest of ingredients. Put in greased 9x12" casserole dish. Bake 350° 35 to 40 minutes. Serves 10 to 12. Easy to half the recipe.

Mary Beth Hartman serves this to student groups at TCU.

FRIED RICE

Dolores Brown

1 C. uncooked rice	1 1/2 C. sliced leftover pork
3 T. chopped onion	3 T. butter
1 C. bean sprouts	1 T. soy sauce

Prepare rice as directed on package. Sauté chopped onion, bean sprouts, and pork in 1 tablespoon butter until onions are soft. Add rice, soy sauce and 3 tablespoons butter. Mix well so soy sauce tans rice. Stir over low heat until heated through. Serves 4 to 5.

JAPANESE STYLE RICE

John Davidson

1 1/2 C. long grain rice, 1 1/2 C. water
(Jasmine type is best)

Rinse rice thoroughly, drain and place in tall pot, e.g., 3-quart saucepan. Add water and bring to boil. Cover pot and reduce heat to simmer. Simmer 14 minutes. Remove from heat, still covered. Allow to stand at least 10 minutes. Do not remove lid until ready to serve. Fluff with fork and serve. Serves 3 to 4.

NOTE: Some sticking of rice on bottom is acceptable. Adjust recipe servings up or down as needed, maintaining 1 to 1 ratio of rice to water. Each half cup dry measured rice makes approximately 1 serving with leftovers. Compress leftovers tightly into "snowballs" of appropriate size for freezing in closely sealed sandwich bags, larger for side dish, smaller to put in bottom of soup or chili. Compressing into balls retains moisture during storage. John learned this method of cooking rice from Susann Ireland.

SWEET POTATOES

Margaret Sheppard

Boil and drain 4 medium sweet potatoes. Mash and add:

1/4 C. sugar 1 stick butter or margarine
1 tsp. vanilla 2 eggs

Place in baking dish.

TOPPING:

3/4 C. brown sugar 1/3 C. flour
3/4 stick butter or margarine 1 C. chopped pecans

Mix together above ingredients and crumble over potato mixture. Bake at 350° for 20 minutes.

There is no greater happiness than that which comes from sharing.

SWEET POTATO SOUFFLE

Dolores Brown

4 to 5 sweet potatoes
1/2 tsp. salt
2 T. butter

1 can non-fat sweetened
condensed milk
1/4 C. sugar
3 eggs

TOPPING:

3 T. butter
2/3 C. flour
1 C. brown sugar

1/2 C. pecans toasted and
chopped
1/4 C. pecan halves
1 T. water

Cook sweet potatoes. Put cooked potatoes in mixing bowl, mash well, add salt, sugar, condensed milk, butter. Add eggs one at a time and pour into buttered casserole 1 1/2-quart size, 9x9" or 8x10" pan. Topping: toast pecans in oven. Combine flour, brown sugar, butter, water to make a streusel topping. Spread over potato mixture. Decorate with pecan halves. Bake 45 minutes at 350°. Serves 6 to 8.

Dolores's friend, Ann Clubine serves this dish.

CHILLED VEGETABLES VINAIGRETTE

Dolores Brown

1 can cut green beans, drained
1 can kidney beans, drained
1 can chick peas (garbanzo
beans) drained
1 large head cauliflower, sliced
(5 C.)
2 C. peeled and sliced carrots
1 C. salad oil

1/2 C. thinly sliced onions
1/2 C. white vinegar
1/4 C. water
2 T. sugar
2 cloves garlic, crushed
2 tsp. salt
1 tsp. pepper
1/2 tsp. hot pepper sauce

Combine beans and chick peas. In a saucepan, combine all remaining ingredients. Bring to the boiling point. Cover, reduce heat and simmer 10 minutes, stirring occasionally. Pour over beans, toss. Refrigerate 24 hours. Drain extra dressing off before serving. Serves 10 to 12 and keeps well if covered in refrigerator.

SWEET SOUR VEGETABLES

Jane Kennedy

DRESSING:

1/3 C. vinegar

2 tsp. flour

1/3 C. sugar

2 tsp. prepared mustard

1/4 tsp. salt

16 oz. pkg. frozen mixed
vegetables, cooked according
to pkg. directions, drained
and cooled

1 can kidney beans, rinsed and
drained

1/4 C. chopped onion

1/2 C. chopped celery

1/2 C. chopped green pepper

Combine dressing ingredients in small saucepan. Cook until thick. Cool. Combine vegetables in large bowl. Pour cooled dressing over vegetables and mix well. Chill several hours or overnight.

COLORFUL VEGGIE BAKE

Carolyn Jarnagin

2-16 oz. pkgs. frozen

6 T. butter or margarine, divided

California blend vegetables

1/2 C. crushed butter flavored

8 oz. process cheese (Velveeta),
cubed

crackers

Prepare vegetables according to package directions. Drain. Place half in an ungreased 11x7x2" baking dish. In small saucepan combine cheese and 4 tablespoons butter, stir and cook over low heat until melted. Pour half over vegetables. Repeat layers. Melt remaining butter, toss with cracker crumbs. Sprinkle over top of vegetables. Bake uncovered at 325° 20 to 25 minutes or until golden brown. Serves 8 to 10.

JALISCO ZUCCHINI

Bette Coulson

2 C. diced or chopped zucchini

4 T. wine vinegar

2 medium tomatoes, cut up

4 T. water

1/2 C. diced celery

1/2 C. sugar

1 green pepper, diced

1/4 tsp. celery seed

1 medium onion, diced

1/4 tsp. caraway seed

4 T. vegetable oil

Mix the oil, vinegar, water, sugar and seeds together and add to the first 4 ingredients. Chill. This will keep several days if kept refrigerated.

SCALLOPED ZUCCHINI

Bette Coulson

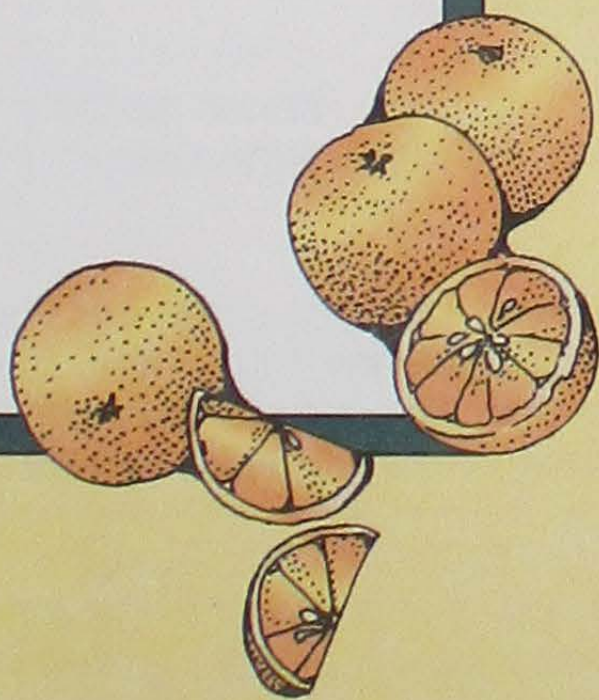
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|--|----------------------|
| 1 1/2 lbs. (or more) zucchini
cut into small pieces | 2 T. snipped parsley |
| 1 1/2 C. cracker crumbs (crush
in your hands) | 3/4 tsp. salt |
| 1 C. grated cheese, processed | 1/8 tsp. pepper |
| 1/2 C. diced or grated onion | 2 beaten eggs |
| | 2 T. butter |

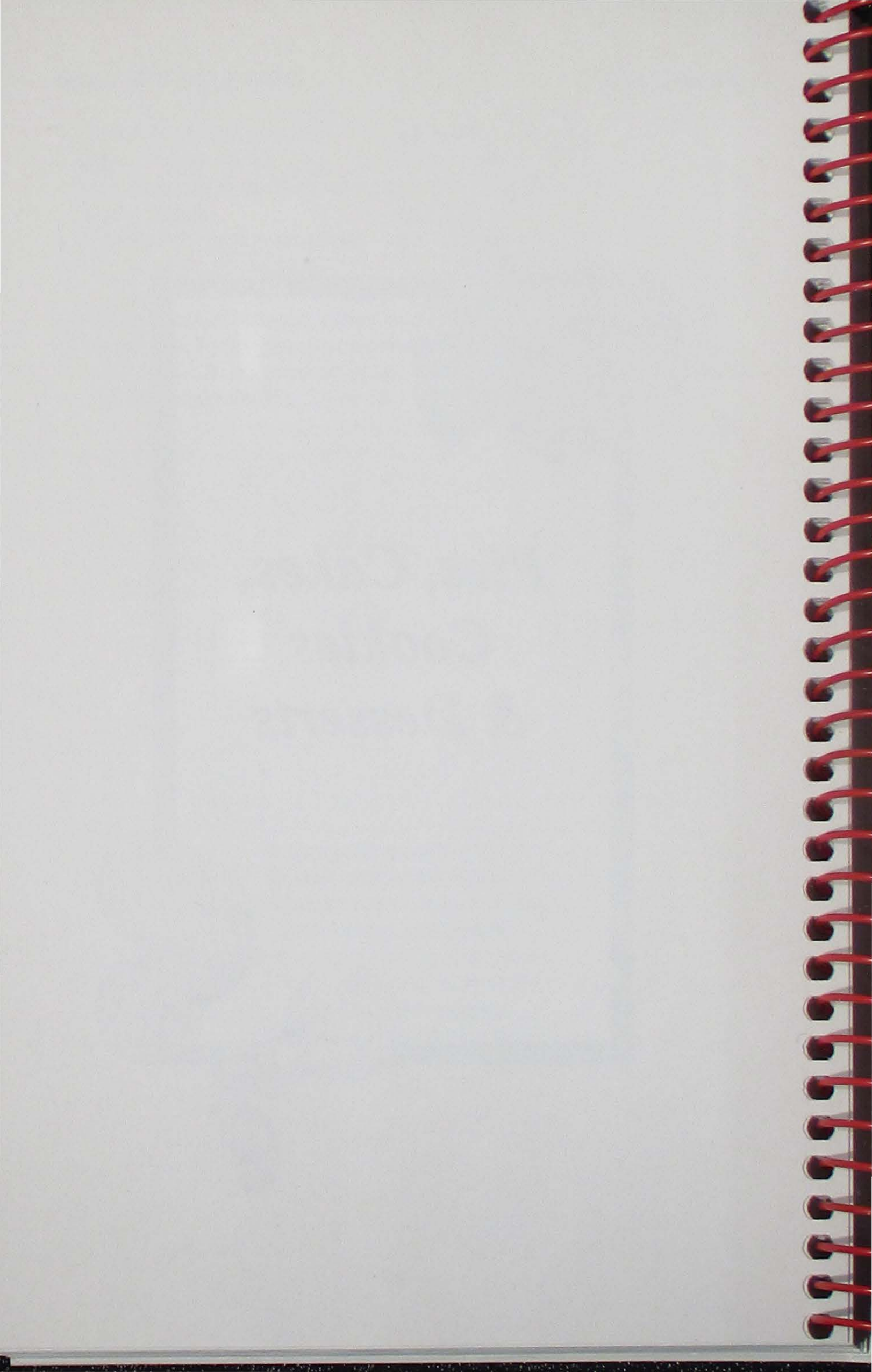
Combine zucchini, crumbs, onion, parsley, salt, pepper, eggs and most of the cheese. Put in greased casserole and top with remaining cheese. Pat with butter. Bake, covered or uncovered in 350° oven until browned on top, 25 to 30 minutes. Serves 6.

*To lose your wealth is much.
To lose your health is more.
To lose your soul is such a loss,
that nothing can restore.
The world is such a busy place
There's so much hurry in it.
Isn't it nice sometimes
To pause for just a minute...*



*Pies, Cakes,
Cookies
& Desserts*





BUTTERMILK PIE

Gary Putnam*

- | | |
|-----------------------------|------------------------|
| 1 stick margarine or butter | 1 T. vanilla |
| 2 eggs | 1/3 C. buttermilk |
| 1 1/2 C. sugar | 1/2 C. pecans, or more |
| 2 T. flour | 1 unbaked pie crust |

Melt butter. Add to eggs and sugar. Slowly add flour, vanilla and buttermilk. Mix well. Sprinkle pecans on top just before baking. Bake in unbaked pie shell at 350° for 15 minutes. Reduce heat to 300° and bake for 45 minutes.

CAPE COD CRANBERRY VELVET PIE

Lucy Duitscher

- | | |
|--|---------------------------------------|
| 1-8 oz. pkg. cream cheese,
softened | 1/2 tsp. salt |
| 1 C. whipping cream or
Cool Whip | 1-16 oz. can whole cranberry
sauce |
| 1/4 C. sugar | 1 tsp. vanilla |
| | 1 baked pie shell |

Beat cream cheese and sugar and salt until fluffy. Add whipped cream gradually to cheese mixture. Add vanilla. Set aside a few whole cranberries from the sauce for garnish. Then add rest of the sauce to cream cheese mixture. Pour into baked pie shell. Freeze for 4 hours. Remove 15 minutes before serving. Makes 8 servings.

CREAM PIE

Jeanne Cable*

- | | |
|----------------------|-----------------------|
| 1 1/2 C. white sugar | 1 1/2 tsp. vanilla |
| 1/2 C. flour | 10" unbaked pie crust |
| 3 C. whipping cream | |

Preheat oven to 400°. Mix sugar and flour thoroughly. Add cream and vanilla and stir until thoroughly mixed. Pour into 10" unbaked pie crust. Bake pie at 400° for 15 minutes. Turn oven down to 350° and bake until bubbly in center and brown all the way across the top 45 minutes.

CUSTARD PIE

Helen Farr

Mix in bowl:

4 large eggs

1/2 C. sugar

1 tsp. vanilla

Dash of salt

Bring to skim in pan:

2 C. half and half

1/2 C. milk

Preheat oven to 475°. When milk skims, add to egg mixture. Beat well. Pour into unbaked pie crust. Top with nutmeg sprinkled until almost covered. Bake at 475° 7 minutes. Turn oven down to 425°. Bake 12 minutes. Place in refrigerator to cool.

NOTE: This pie is much sought after at the Soup Supper.

FRENCH SILK PIE

Lori Schippers

1 1/2 C. sugar

1 C. butter, do not substitute

4 eggs

4 C. Cool Whip

2 C. Cool Whip, topping

2 ready made graham cracker
crust

Blend sugar, chocolate, butter and 2 eggs, beat for 5 minutes; add 2 more eggs, beat for an additional 5 minutes. Fold in the 4 cups of Cool Whip, pour into the ready made graham cracker crusts, and refrigerate 2 hours. Top each pie with Cool Whip. For a single pie use half of the above ingredients.

LEMON CREAM PIE

Pat Girton

1 C. sugar minus 2 T.

5 T. cornstarch

1/16 tsp. salt

2 C. half and half

3 egg yolks, beaten

3 T. butter

1 tsp. grated lemon rind

1/3 C. lemon juice

Combine sugar, cornstarch and salt. Add cream and cook, stirring until smooth and thickened. Stir some of the hot mixture into the yolks, then blend into hot mixture in saucepan. Cook until thick. Remove from heat and add butter, rind and lemon juice. Stir until blended and smooth. Pour into baked pie shell. Cover with meringue.

EASY PEACH PIE

Maxene Sponheimer*

2 T. margarine	1/2 tsp. salt
1 C. sugar	3/4 C. salt
1 C. flour	1 qt. or 1 can undrained peaches
2 tsp. baking powder	

Melt margarine in deep pie pan. Sift together sugar, flour, baking powder and salt. Mix in milk. Pour over melted margarine. Pour can of peaches over batter. Bake 1 hour at 350°.

PECAN PIE

Betty Barton

1 C. dark syrup	1/4 C. melted margarine or butter
1/2 C. sugar	1 1/2 C. chopped pecans
3 eggs	1 tsp. vanilla

In bowl mix syrup, sugar and eggs until blended. Drizzle melted butter or margarine over mixture. Stir in pecans. Pour into unbaked 9" or 10" pie shell. Bake at 350° for 40 to 50 minutes.

PRIZE PECAN PIE OKLAHOMA 1965

Bonna Pinneke

3 eggs beat slightly	Pinch of salt
1 C. brown sugar	1/4 C. melted butter
1 C. light corn syrup	1 C. pecans chopped

Mix together eggs, syrup, salt and butter. Stir well. Add nuts. Pour into unbaked pie shell. Bake until golden brown and firm. 350° for 45 minutes. This recipe switches the sugar and syrup from most recipes to give a delicate flavor.

The best time to accomplish something is - the day before tomorrow.

SOUR CREAM PECAN PIE

Jeanne Cable*

- | | |
|-------------------|---------------------------|
| 3 eggs | 1/8 tsp. salt |
| 1/2 C. sour cream | 2 T. melted butter |
| 1/2 C. corn syrup | 1 1/4 C. pecan halves |
| 1 tsp. vanilla | 1-9" unbaked pastry shell |
| 1 C. sugar | |

Beat eggs well. Stir in sour cream. Add corn syrup, vanilla, sugar, salt and butter; mix well. Stir in pecans halves. Pour into pie shell. Bake in 400° preheated oven until crust is brown and filling is slightly puffy, 30 to 35 minutes. Place on rack and cool before cutting.

OUT OF THIS WORLD PIE

Laura Shanks

- | | |
|---|-------------------------------|
| 1 can cherry pie filling | 1 tsp. red food coloring |
| 3/4 C. sugar | 1-3 oz. raspberry Jell-O |
| 1-20 oz. can crushed
pineapple and juice | 6 sliced bananas |
| 1 heaping T. cornstarch | 2 baked graham cracker crusts |
| | Whipping cream |

In a saucepan combine the first 5 ingredients. Remove from heat and add Jell-O, allow to cool until thick. Add bananas. Pour into 2 shells and top with whipped topping. Chill. Can be made in a 9x13" pan also.

FROZEN PEACH CREAM PIE

Jane Woline

- | | |
|--|--|
| 1-14 oz. can sweetened
condensed milk | 1 C. heavy cream, whipped or
Cool Whip |
| Juice of 2 large lemons,
about 1/2 C. | 2 C. fresh ripe peaches,
sliced and cut into small pieces |
| | 1-9" graham cracker crust |

Mix milk with lemon juice, mixture will thicken. Fold thickened mixture into whipped cream and peaches. Pour into chilled crust. Freeze 1 to 2 hours or until slightly frozen. Serve. Keep leftovers frozen; thaw slightly to serve.

CRUSTLESS PUMPKIN PIE

Lucy Duitscher

1-15 oz. can solid pack pumpkin	2 T. white sugar
1-12 oz. can evaporated milk	1 tsp. ground cinnamon
2 whole eggs	1/2 tsp. ground ginger
1/4 C. Splenda	1/8 tsp. ground cloves
1/4 C. sugar twin brown sugar replacement	1/8 tsp. salt
	1/2 C. ground graham cracker crumbs

Mix together pumpkin, evaporated milk, and eggs. Add remaining ingredients. Mix well. Pour into 9" pie plate coated with nonstick cooking spray. Bake at 325° for 50 to 55 minutes. Makes 8 servings.

PAT'S PUMPKIN PIE

Pat Girton

1/2 C. white sugar	3 eggs
1/3 C. brown sugar	1 can Libby's pumpkin
1 tsp. ground cinnamon	1 can Carnation evaporated milk
1/2 tsp. ground ginger	3/4 C. whole milk
1/8 tsp. ground cloves	1 unbaked pie shell
1/2 tsp. vanilla	

Mix sugars, cinnamon, ginger and cloves. Add vanilla and pumpkin, mixing well. Beat eggs, add both milks and strain through a sieve into pumpkin mixture. Mix until combined and pour into pie shell. Bake for 15 minutes at 425° and turn the oven to 350°. Continue baking until done, approximately 35 to 40 minutes.

PUMPKIN PIES

Loraine Safly

4 eggs, beaten	1/2 tsp. salt
1-can (1 3/4 C.) pumpkin	1/2 tsp. cloves
2 C. sugar	1/4 tsp. nutmeg
1 tsp. cinnamon	1 can evaporated milk

Mix all ingredients and pour into two pie shells. Bake at 400° for 15 minutes, then 350° for 40 to 50 minutes. Makes 2.

SOUR CREAM RAISIN PIE

Bonna Pinneke

1-9" baked pie shell	1 1/2 C. sour cream
1 1/2 T. cornstarch	3 egg yolks, slightly beaten
1 C. sugar	1 1/2 C. raisins
3/4 tsp. nutmeg	1 T. lemon juice

Blend first 4 ingredients in saucepan and add sour cream. Stir in eggs, raisins and lemon juice and cook until thickens and boils. Cool. Fold in 1 cup whipped cream. Can use egg whites to make meringues to top or just add more whipped cream for topping.

RHUBARB CREAM PIE

Jane Woline

1 1/2 C. sugar	2 well beaten eggs
3 T. flour	3 C. cut rhubarb
1/2 tsp. nutmeg	1 recipe Plain Pastry
1 T. butter or margarine	

Blend sugar, flour, nutmeg and butter. Add eggs; beat smooth; pour over rhubarb in 9" pastry lined pie pan. Top with pastry. Bake 450° for 10 minutes, then 350° oven for about 30 minutes.

MERINGUE

Pat Girton

3 egg whites	6 T. sugar
1/4 tsp. cream of tartar	1/2 tsp. flavoring

NOTE: One teaspoon lemon juice may be substituted for cream of tartar in meringue for lemon pie.

Beat egg whites with cream of tartar until frothy. Gradually beat in sugar, a little at a time. Continue beating until stiff and glossy. Do not under beat. Beat until sugar is dissolved. Beat in flavoring. Pile meringue onto edge of crust to prevent shrinking and weeping. Swirl or pull up points for decorative top. Bake until delicately browned at 400° for 8 to 10 minutes.

PASTRY FOR 2 PIE CRUST

Pat Girton

2 C. sifted flour
1/2 tsp. salt

2/3 C. +2 T. Crisco shortening
4 T. (more or less) ice water

Mix flour and salt. Cut in shortening with pastry blender. Sprinkle with ice water. Mix with a fork until all the flour is moistened. Gather dough together and press firmly into a ball until it leaves the bowl clean. Divide dough in half. Round up part and put it between wax paper. Roll the top shaping into a round for pie plate. Do the same thing with the top. For a baked pie crust roll out half of the crust between waxed paper. Put in pie pan and trim edges but leave enough to crimp a design. Line pan with aluminum foil, on top of pie crust. Fill with uncooked beans. Bake in a very hot oven 450° for 7 minutes. Remove from oven and take out foil with beans in it. Prick dough in pan with a fork and return to oven until golden brown about 3 to 4 minutes.

LYDIA ADAM'S UNBAKED APPLE COOKIES

Janet Netusil

Mix together and boil for 1 minute:

1 stick butter
2 C. sugar

3 T. cocoa
1 C. grated, unpeeled apples

Remove from heat and add:

3 C. quick cooking oatmeal

1 C. chopped nuts (walnuts or pecans)

Mix well. Drop by teaspoons full onto wax paper. Sprinkle with powdered sugar. Store in tight container in refrigerator.

Instead of pointing a finger, why not hold out a hand?

RED EDGE ALMOND ICE BOX COOKIES

Natalie Rekemeyer

1 C. shortening	2 3/4 C. flour
1 C. sugar	1/2 tsp. baking soda
2 eggs	1/4 tsp. salt
1 tsp. vanilla	1/2 C. finely chopped or ground
1/2 tsp. almond flavoring	almonds

Cream sugar and shortening. Add eggs and flavoring. Mix well. Add sifted dry ingredients. Mix in chopped nuts. Mix thoroughly with hands. Press and roll into long roll about 2 1/2 " in diameter. Spread red sugar on wax paper and roll each roll until the sides are completely coated with the red sugar. Wrap in wax paper and chill until stiff. Several hours or overnight. With a thin sharp knife, cut into thin slices about 1/4" thick. Place on greased cookie sheet. Bake until slightly brown at 400° for 8 to 10 minutes.

NOTE: This recipe is from Natalie's grandma, Mabel Webb.

*Yesterday is history,
Tomorrow is a mystery,
Today is a gift.
That's why we call it the Present.*

BREAKFAST COOKIES

Scott McCalmont

- | | |
|-------------------------------|--|
| 1 1/2 C. rolled oats | 1 tsp. cinnamon |
| 1 C. unbleached flour | 3/4 C. brown sugar |
| 1 C. whole wheat pastry flour | 1/2 C. sweet morsels-chocolate chips, peanut butter chips, miniature M & M's |
| 1 1/2 tsp. baking soda | 1/2 C. dried fruit-raisins, cherries, cranberries |
| 1/2 tsp. baking powder | |
| 1/2 tsp. salt | |

Sift dry ingredients together in a large mixing bowl.

- | | |
|------------------------|--|
| 1/4 C. canola oil | 2 T. water |
| 1 large egg | 3/8 C. prune pie filling |
| 1 tsp. vanilla extract | 1/2 C. peanut butter or soy nut butter |

Measure canola oil into Pyrex measuring cup. Add the egg, which should bring the total volume to about 1/2 cup. Add the vanilla and water and Note the total volume, then add enough prune pie filling to equal an additional 3/8 cup. Add soy nut butter to bring the total volume to about 1 1/2 cups liquid measure. Add the liquid mixture to the dry ingredients and fold together. The final dough will be like coarse crumbs, mix until the crumbs are of a uniform size and all the dry ingredients have been mixed in. Turn the mixture into a jelly roll pan and distribute evenly. Press the dough firmly into the pan. The top surface of the dough should be smooth except where the fruit or morsels stick out. Bake 9 minutes at 350°. Remove pan from oven and allow to cool in pan until the morsels are not too soft. Cut into 12 squares, remove from pan, and place into sandwich bags.

BUTTER HORNS

Kris Meinhard

(PINK AND GREEN COOKIES)

- | | |
|-------------------------------------|------------------------|
| 1/2 lb. butter | 2 C. flour |
| 1 C. ground walnuts, finely chopped | 1 tsp. vanilla |
| 1/2 C. sugar | 1/4 tsp. baking powder |

Mix and divide in half. Add green food coloring to one half and red food coloring to the other half. Form into 1" square tubes and wrap in wax paper. Let stand in refrigerator. Slice 3/4" thick. Bake at 325° until lightly brown. Dip in sugar while warm.

NOTE: This recipe is from Kris' Grandma Holley.

CARROT COOKIES

Dee Dreeszen

1 C. shortening	2 C. flour
3/4 C. sugar	2 tsp. baking powder
1 egg	1/2 tsp. salt
1 C. mashed, cooked carrots	1 T. orange zest

Stir together dry ingredients. In another bowl, cream shortening and sugar. Add egg, carrots, and orange zest. Stir in dry ingredients. Bake at 375° for 10 minutes. Make frosting with powdered sugar and orange juice. Makes 3 dozen.

CHOCOLATE CARAMEL TREATS

Janet Stephenson

1 C. margarine, softened	1 1/2 C. quick oatmeal
1/3 C. white sugar	2 C. chocolate chips
1/3 C. brown sugar	24 caramels
1 3/4 C. flour	2 T. milk

Cream butter and sugars. Gradually beat in flour and oats. Stir in chocolate chips. Set aside 1 cup of this mixture. Press remaining mixture into greased and floured 9x13" pan. Bake at 350° for 12 to 15 minutes or until edges are brown. Melt caramels and milk in microwave oven. Drizzle over chocolate chip mixture and sprinkle with reserved oat mixture. Bake for 10 to 12 minutes. Cool and cut into squares.

CHOCOLATE CHIP OATMEAL COOKIES

Jane Woline

2 sticks oleo, melted	1 1/2 C. flour
1 C. brown sugar	1 tsp. soda
1 C. sugar	1/2 tsp. salt
2 eggs	Coconut, large handful
1 tsp. vanilla	6 to 12 oz. chocolate chips
1 tsp. walnut flavoring, optional	(can also add M & M's and decrease chocolate chips)
3 C. oatmeal	Chopped walnuts, optional

Pour melted oleo over the sugars. Beat well. Add eggs and flavorings. Add dry ingredients and mix well. Add coconut. Gently stir in chocolate chips, M & M's and nuts, if desired. Place 2" apart on greased cookie sheet. Bake 350° for 8 to 10 minutes.

CHOCOLATE CHIP OATMEAL COOKIES

Kris Meinhard

1 C. white sugar	1/2 tsp. salt
1 C. brown sugar	1 tsp. vanilla
1 C. canola oil	2 C. flour
2 T. water	3 C. quick oatmeal
2 eggs	12 oz. chocolate chips
1 tsp. baking soda	Nuts, optional

Cream sugars, oil, eggs, water, soda, salt and vanilla. Beat in flour. Stir in oatmeal, chocolate chips, and nuts. Drop by large spoonfuls on greased cookie sheets. Bake at 375° for 10 to 12 minutes.

CHOCOLATE CHIP OATMEAL COOKIES

Andrea Holtman

1 C. brown sugar	1 3/4 C. flour
1 C. white sugar	1 tsp. baking powder
1 C. shortening	1 tsp. soda
2 eggs	2 C. oatmeal
1 tsp. vanilla	1 pkg. chocolate chips
1/4 tsp. salt	

Cream together shortening, sugars, eggs and vanilla. Sift together flour, baking powder, soda and salt. Then add to creamed mixture. Beat well. Add oatmeal and beat in, then add chocolate chips. Drop by spoonfuls on cookie sheet. Bake in a 350° oven for 12 to 13 minutes.

CHOCOLATE NO BAKE COOKIES

Mary Grimes-Dolling*

3 C. uncooked quick oats	1/2 C. undiluted evaporated milk
1/2 C. coconut	1/2 C. butter
1/2 C. walnuts	2 C. sugar
1/2 C. cocoa	1/4 tsp. vanilla

Mix oats, coconut and walnuts in a large bowl. Combine cocoa, evaporated milk, butter and sugar in a saucepan. Cook over medium heat, stirring constantly, until it reaches a full boil. Boil 1 minute. Remove from heat. Add vanilla. Pour over cereal mixture. Mix until cereal is coated. Drop from teaspoon onto waxed paper.

CARROT CAKE

Deborah Blaedel

- | | |
|------------------------|---------------------------------|
| 2 C. sifted flour | 1 C. cooking oil |
| 2 C. sugar | 4 eggs |
| 1 1/2 tsp. baking soda | 3 C. grated carrots |
| 1 tsp. cinnamon | 1 C. drained pineapple, crushed |
| 1 tsp. salt | |

Sift together flour, sugar, baking soda, cinnamon and salt. Add oil and stir. Add eggs, one at a time and beat well after each addition. Stir in carrots and pineapple. Pour into greased and floured 9x13" cake pan. Bake at 350° for 45 minutes or until cake tests done.

ICING:

- | | |
|-------------------------|--------------------------|
| 8 oz. soft cream cheese | 1 lb. box powdered sugar |
| 1 stick soft butter | 1 tsp. vanilla |

Cream together butter and cream cheese. Add powdered sugar and blend well. Add vanilla and spread on cake.

NOTE: Deborah makes this cake often for birthdays at the soup suppers.

COCONUT APRICOT TRUFFLES

Laura Cook

- | | |
|----------------------------------|-----------------------------------|
| 1 1/2 C. whole, unsalted almonds | 2 tsp. cinnamon |
| 2 C. dried apricots | 2 tsp. almond extract |
| | 1/2 C. sweetened shredded coconut |

In a food processor with the knife blade, thoroughly combine first 4 ingredients until the mixture forms a dough like ball. Using your hands, firmly roll into 1" balls. Roll in the coconut. Yields 3 dozen balls. No Bake – good for you.

DATE BALLS

Cynthia Lidtke

- | | |
|----------------------------|--------------------|
| 1 egg, well beaten | 1 stick margarine |
| 3/4 C. chopped pecans | 1 tsp. vanilla |
| 1 C. sugar | 3 C. Rice Krispies |
| 1 pkg. whole dates, cut up | |

Combine first 5 ingredients, boil 10 minutes over low heat, stirring constantly. Remove from heat. Add vanilla. Pour over Rice Krispies. Stir well. Allow to cool to handle, then shape into small ball, roll in powdered sugar.

DATE COCONUT COOKIE BALLS

Margie Poorman

Melt 1/2 cup margarine in skillet. Add 1 1/2 cups chopped dates and 1 cup white sugar. Heat until sugar is melted, stirring so not to burn. Beat 1 egg in bowl. Add egg slowly to date mixture in skillet and cook slowly for 5 minutes, stirring all the time. Take off stove and pour over 3 cups Rice Krispies and 1/2 cup chopped walnuts. Stir. When cool enough to handle, make into balls and roll in coconut.

MOTHER'S GINGER COOKIES

Edith Hewitt*

1/2 C. margarine	2 1/4 C. flour
1/4 C. Crisco	1 1/2 tsp. baking powder
1 C. brown sugar, packed	1/2 tsp. cloves
1 egg	1 tsp. cinnamon
1/4 C. molasses	1 tsp. ginger

Cream the fat and sugar. Add egg and beat well. Add molasses and mix. Sift flour, baking soda, cloves, ginger and cinnamon and add to mixture. Mix thoroughly and chill. Make balls the size of walnut. Dip in water and into sugar and place on cookie sheet, 3" apart. Bake at 375° for about 10 to 12 minutes. Remove from oven while still soft and puffy. They will flatten down. Do not over bake.

CARLSON GINGERSNAPS

Natalie Rekemeyer

1 C. shortening	1/2 tsp. salt
2 C. white sugar	1 tsp. cinnamon
3 eggs	1 tsp. ginger
2/3 C. molasses	2 tsp. soda
4 1/2 C. flour	1 tsp. baking powder

Cream shortening and sugar, add eggs and molasses. Beat. Blend in dry ingredients. Chill dough well. Roll out and cut with cookie cutters. Bake at 350° about 8 minutes.

OATMEAL MACAROONS

Shirley Held

1 C. brown sugar	1 C. flour
1 C. white sugar	4 C. oatmeal
1 C. melted shortening	1 tsp. salt
2 eggs	1 tsp. soda
1 C. coconut or walnuts	1 tsp. cream of tartar

Mix in order given. Shape in small balls. Place on oiled baking pan. Bake 350° for 10 to 12 minutes.

SURPRISE MERINGUES

Natalie Rekemeyer

2 egg whites	3/4 C. sugar
1/8 tsp. salt	1-6 oz. pkg. chocolate chips
1/8 tsp. cream of tartar	1/4 C. chopped nuts, optional
1 tsp. vanilla	

Beat egg whites, salt, cream of tartar, and vanilla until soft peaks form. Add sugar gradually, beating until peaks are stiff. Fold in chocolate chips and nuts. Cover cookie sheet with plain paper. Drop mixture by teaspoon. Bake in slow oven, 300°, for about 25 minutes. Makes about 2 dozen.

NOTE: This was Natalie's Grandma Mabel Webb's recipe.

PISTACHIO COOKIES

Natalie Rekemeyer

1-3.4 oz. box instant pistachio pudding mix	1/2 C. chocolate chips
2 pkgs. Jiffy white cake mix	2 eggs
1/2 C. oil	1/2 C. nuts, optional

Combine ingredients and drop by teaspoon onto greased cookie sheet. Bake at 350° for 8 to 10 minutes.

NOTE: This recipe was given to Natalie by her Grandma Mabel Webb.

PEANUT BUTTER OATMEAL COOKIES

Bette Coulson

- | | |
|------------------|------------------------|
| 1 C. shortening | 1 C. peanut butter |
| 1 tsp. vanilla | 2 C. flour |
| 2 eggs | 1/2 tsp. salt |
| 1/2 C. sugar | 2 tsp. soda |
| 1 C. brown sugar | 2 C. quick rolled oats |

Cream shortening, vanilla and sugars. Add eggs and beat thoroughly. Add peanut butter. Add dry ingredients which have been sifted together and mix well. Add oatmeal. You may have to stir by hand if mixer complains. Place walnut size balls of dough on cookie sheet. Press down with heel of your hand until quite thin. They are a bit sticky. Bake 8 to 10 minutes at 350°.

SKILLET COOKIES

Dorothy Sielert*

- | | |
|-----------------------------|----------------------------------|
| 2 T. butter | 3 C. Rice Krispies |
| 1 C. dates, cut fine | 1 C. or less finely chopped nuts |
| 2 eggs, slightly beaten | Powdered sugar |
| A few cut up figs, optional | |

In a heavy skillet, melt butter. Add dates, sugar and eggs. Simmer over low heat, stirring constantly, until mixture is thick. A few cut up figs are a nice addition to this mixture. Remove from heat and cool. Stir in Rice Krispies and nuts. Form into a roll. Roll in powdered sugar and refrigerate for several hours. Stores well.

SNICKERDOODLES

Natalie Rekemeyer

- | | |
|------------------------|-----------------|
| 1 C. shortening | 1 tsp. soda |
| 1/2 C. sugar | 1 tsp. salt |
| 2 eggs | 2 T. sugar |
| 2 3/4 C. flour | 2 tsp. cinnamon |
| 2 tsp. cream of tartar | |

Mix together shortening, 1/2 cup sugar, and eggs. Sift together flour, cream of tartar, soda, and salt. Add to the shortening and sugar mixture. Roll into balls the size of walnuts. Roll into mixture of sugar and cinnamon. Place 2" apart on ungreased cookie sheet. Bake at 375° to 400° for 8 to 10 minutes.

NOTE: Mabel Webb is Natalie's grandmother.

SCHOOL'S SNOWBALLS COOKIES

Stephanie Holtman

- | | |
|---------------------------|------------------------------------|
| 1 1/4 C. butter | 2 C. coconut |
| 2 1/2 lbs. powdered sugar | 1 1/3 C. miniature chocolate chips |
| 5 tsp. vanilla | 5 C. rolled oats |

Cream butter and sugar until fluffy in mixer. Mix the rest by hand. Form into balls. Place on tray sprinkled with powdered sugar. When tray is full, sprinkle with additional powdered sugar. Makes about 100 cookies.

SPRITZ COOKIES

Natalie Rekemeyer

- | | |
|-----------------|-------------------------|
| 1 1/2 C. butter | 1/2 tsp. almond extract |
| 1 C. sugar | 4 C. flour |
| 1 egg | 1 tsp. baking powder |
| 1 tsp. vanilla | |

Cream butter and sugar. Add egg, vanilla, and almond extract. Beat well. Sift together dry ingredients. Add gradually to creamed mixture. Mix well until smooth. Do not chill. Force through cookie press onto ungreased cookie sheet. Bake at 400° for 8 minutes. Can sprinkle with colored sugar to add color. Or add food coloring to dough before putting into press. Makes 6 dozen cookies.

NOTE: This recipe was given to Natalie by her friend Elizabeth Ward.

SUGAR COOKIES

Marian Heady

- | | |
|---|-------------------------|
| 1 C. butter or 1/2 oleo and
1/2 shortening | 2 eggs |
| 2/3 C. oil | 1 tsp. baking soda |
| 1 C. sugar | 1 tsp. cream of tartar |
| 1 C. powdered sugar | 4 C. unsifted flour |
| 3/4 tsp. salt | 1 tsp. butter flavoring |

Mix well, preferably with electric mixer. Put dough on waxed paper or foil. Roll into two 7x8" pieces. Cut into 1" squares. Refrigerate or freeze. Roll into balls. Dip spool with 5 holes in sugar and flatten cookie slightly. Using the spool makes a decorative flower design on the cookie. You can refrigerate the dough, roll into small bowls. Then dip end of the large spool into the sugar and press down. Decorate with sprinkles if desired. Bake 12 minutes at 350° on ungreased cookie sheet.

NOTE: Dorothy Sielert and Marian enjoyed making these cookies for many occasions.

SUGAR COOKIES

Kris Meinhard

1 C. sugar	1 tsp. vanilla
1 C. powdered sugar	1 tsp. baking soda
1 C. canola oil	1/4 tsp. salt
1 C. butter	4 C. flour
1 tsp. cream of tartar	

Cream sugars and oils. Mix dry ingredients together and add to creamed mixture. Chill. Form balls. Press slightly with glass dipped in sugar. Bake until edges just begin to brown at 350° about 12 minutes.

DELORES' SUGAR COOKIES

Ann Herriott

1 C. margarine	3 3/4 C. flour
1 C. sugar	1/2 tsp. salt
1 1/2 tsp. vanilla	1 tsp. soda
3 eggs	2 tsp. cream of tartar

Cream first 4 ingredients. Stir 4 dry ingredients together and add to creamed mixture. Chill overnight. Roll, using lots of flour. Bake at 375° to 400°.

QUICK EGG YOLK SUGAR COOKIES

Deborah Blaedel

1 C. shortening	2 1/8 C. flour
1 1/2 C. sugar	4 egg yolks
1/8 tsp. salt	2 tsp. vanilla
1 tsp. baking soda	1 tsp. cream of tartar

Cream sugar and shortening. Add egg yolks and vanilla. Mix dry ingredients together and add to creamed mixture. Drop by teaspoon onto ungreased cookie sheet. Press down with a glass dipped in sugar. Bake until lightly brown at 375°, approximately 8 minutes.

NOTE: Judy Wright, Army friend from Fort Polk, Louisiana.

GRANNY'S SUGAR COOKIES

Deborah Blaedel

Cream together:

1/2 C. butter

1 C. sugar

1 medium egg or 2 small yolks

Sift together:

1/2 tsp. salt

2 tsp. baking powder

2 C. sifted flour

Blend in:

1/2 tsp. vanilla

Chill dough 2 to 3 hours. Work only a small amount at a time. Roll out and cut into shapes with cookie cutters. Bake on lightly greased sheet at 400° for 8 to 10 minutes.

Glaze while still warm with:

3/4 C. powdered sugar

3 to 4 tsp. water and food coloring

MOTHER'S SUGAR COOKIES

Joan Baker*

1 C. sugar

3 C. flour

1 tsp. cream of tartar

1 C. shortening

2 eggs

3 T. milk

1 tsp. baking soda

1 tsp. vanilla

1/4 tsp. salt

Flour for cookie cutters

Decorations, whatever desired

Sift sugar, flour and cream of tartar together 3 times. Cut shortening into flour mixture. Mix rest of ingredients together. Then add liquid mixture to flour mixture, mixing by hand. Chill dough. Roll out small amounts of dough to 1/4" thickness on floured board. Dip cookie cutters in flour before cutting. Decorate as desired. Bake at 375° for 5 to 8 minutes.

NOTE: Joan was very active at CUMC/WF, as were her daughters, her parents and grandparents.

THUMBPRINT COOKIES

Natalie Rekemeyer

- | | |
|--------------------|----------------------------------|
| 1 C. butter | 2 C. flour |
| 1/2 C. brown sugar | 1/2 tsp. salt |
| 2 egg yolks | 2 egg whites, beaten |
| 1 tsp. vanilla | Chopped nuts, preferably walnuts |

Mix together butter, sugar, egg yolks, and vanilla. Add flour and salt. Blend well. Roll into balls; dip into beaten egg whites. Then roll in chopped nuts. Bake on ungreased cookie sheet at 350° for 5 minutes. Take out and press each 1 with thumb. Put back and bake 8 minutes longer. When cool, put colored powdered sugar frosting in thumb print.

MEXICAN WEDDING COOKIES

Natalie Rekemeyer

- | | |
|---------------------|-------------------|
| 1 C. butter | 2 T. vanilla |
| 4 T. powdered sugar | 2 C. sifted flour |
| 2 C. chopped pecans | |

Cream sugar and butter. Add vanilla, nuts and flour. Mix. Roll into small ball, smaller than a walnut. Bake in 350° oven for 20 minutes. Cool slightly and roll in powdered sugar again when completely cold.

NOTE: This recipe is from Natalie's grandma, Mabel Webb.

WESPENNESTER COOKIES (ALMOND CHOCOLATE)

Shirley Held

- | | |
|--|--------------------------|
| 5 egg whites | 2 1/2 C. chocolate chips |
| 1/4 tsp. salt | 1 tsp. vanilla |
| 1 1/4 C. sugar | 1 tsp. vinegar |
| 2 C. skinless almonds, sliced
and toasted | |

Heat oven to 350°. Oil cookie sheet. Melt chocolate over warm water. Beat egg whites with salt until firm peaks form. Add sugar gradually, beating constantly until stiff peaks form. Beat in vanilla and vinegar. Fold in melted chocolate and toasted almonds. Drop by teaspoons on baking sheet. Bake about 15 minutes until dry. Wait until the pan is cool before removing. Makes about 5 dozen.

APRICOT BARS

Shirley Held

1 1/2 C. white flour	1 1/2 C. oatmeal
1 tsp. baking powder	3/4 C. butter
1 C. brown sugar	

Combine and cut the butter in until mixture is crumbly. Put 2/3 of this of this in a 9x12" pan. Pat down.

1 C. or more dried apricots, cut up	1/3 C. sugar
1 C. or more dates, cut up	2/3 C. water

Cook until thick. Spread the apricot date mixture over the flour butter mixture. Bake 35 minutes at 350°. Cool before cutting in bars.

BEET NECK BARS

Betty Barton

2 eggs	1 tsp. vanilla
1 1/2 C. sugar	3 T. cocoa
1 1/2 C. oil	1 1/2 tsp. baking soda
2 C. flour	1/4 tsp. baking powder
2 small jars baby food beets or 8 oz. pureed beets	1/4 tsp. salt

Mix eggs, sugar, oil and vanilla together. Add beets. Sift together flour, cocoa, baking soda, baking powder and salt. Add to beet sugar mixture. Spread in jelly roll pan. Bake 350° for 30 minutes.

ICING:

1-3 oz. pkg. cream cheese, room temperature	1 T. milk
6 T. margarine	1 tsp. vanilla
	3 C. powdered sugar

Mix cream cheese, margarine, milk and vanilla until well blended. Add powdered sugar and beat until fluffy. Spread on cooled bars.

BUTTER BRICKLE BARS

Lucy Duitscher

1 C. brown sugar	12 oz. chocolate chips
1 C. butter	1/2 C. chopped nuts
Soda crackers	

Boil brown sugar and butter together for 3 minutes. Line a 13x17" jelly roll pan with aluminum foil. Smear with butter and cover with soda crackers. Pour hot syrup over soda crackers. Place in 400° oven for 5 minutes. Remove from oven and sprinkle chocolate chips over hot mixture. Spread when soft. Then sprinkle with chopped nuts. Chill and break into pieces.

BUTTERSCOTCH BROWNIES

Alice Kay

1/3 C. margarine	3/4 C. flour
1 C. brown sugar	1 tsp. vanilla
1 egg	1 tsp. baking powder
1/4 tsp. salt	1/2 C. chopped nuts

Bake in 8x8" pan for 20 to 25 minutes at 350°. When brownies are done press down outside edges with a spatula and frost when cool.

FROSTING:

4 oz. cream cheese	1/2 tsp. vanilla
1 C. powdered sugar	

Mix together and spread on cooled brownies. Quick to make, easy and very good.

QUICK BROWNIES

Ann Costanzo

1 chocolate cake mix with pudding in mix	1 egg
1 pkg. chocolate instant pudding	1 T. milk
	1 pkg. (11 to 12 oz.) chocolate chips

Mix pudding according into directions on package. Add cake mix, egg and milk. Mix well and pour into greased 13x9" baking dish. Bake for 30 to 35 minutes in 350° oven. It is done when knife is inserted into center and comes out clean. Sprinkle with powdered sugar.

CHOCOLATE BARS

Shirley Held

2/3 C. shortening	1/2 C. corn syrup
1 C. brown sugar	1 T. vanilla
1 tsp. salt	1 C. chocolate chips
4 C. oatmeal	

Melt butter. Stir in brown sugar, syrup, salt and vanilla. Blend in oatmeal. Spread in lightly oiled 10x15" jelly roll pan. Bake at 400° 10 minutes. Sprinkle chips over top and bake 2 more minutes. Remove and spread melted chocolate. Cut while still warm.

CHOCOLATE STREUSEL BARS

Jane Kennedy

1 3/4 C. unsifted flour	1-14 oz. can sweetened
1 1/2 C. powdered sugar	condensed milk
1/2 C. unsweetened cocoa	1 egg
1 C. cold margarine or butter	2 tsp. vanilla
1-8 oz. pkg. cream cheese	1/2 C. chopped nuts

Preheat oven to 350°. In a large bowl, combine flour, sugar and cocoa. Cut in margarine until crumbly. Mixture will be dry. Reserving 2 cups crumb mixture, press remainder firmly on bottom of 13x9" baking pan. Bake 15 minutes. In large mixer bowl, beat cheese until fluffy. Beat in sweetened condensed milk until smooth. Add egg and vanilla. Mix well. Pour over prepared crust. Combine nuts with reserved crumb mixture. Sprinkle over cheese mixture. Bake 25 minutes or until bubbly. Cool. Chill. Cut into bars. Store covered in refrigerator. Makes 3 dozen.

It's what we learn after we think we know it all - that counts.

FUDGE TRUFFLE CHEESECAKE BARS

Pat Pearson

- | | |
|--|---|
| 3 C. chocolate graham crackers
(15 full sheets of crackers) | 3-8 oz. pkgs. light cream cheese,
softened |
| 6 T. butter, melted | 1-14 oz. can fat free sweetened
condensed milk |
| 2 C. (12 oz. pkg.) semisweet
or milk chocolate chips | 4 eggs |
| | 2 tsp. vanilla |

Combine chocolate graham cracker crumbs and butter, add press into the bottom of 9x13" pan lined with non-stick foil. Microwave chocolate chips about 60 seconds, stirring every 20 seconds. In large mixer bowl, beat cream cheese until fluffy; beat in sweetened condensed milk, then eggs and vanilla. Remove 2 tablespoons and put into a snack size Ziploc bag. Add melted chip to the remaining mix. Pour onto crust. Snip a tiny corner from the Ziploc bag; drizzle the vanilla batter onto the chocolate batter in 4 lines lengthwise of the pan. Use a knife or toothpick to draw 6 lines crosswise of the pan, in alternate directions, across, back, feathering the white lines. Bake at 300° for about 50 minutes or until center is set. Cool. Chill. Makes 24 bars.

MIXED NUT BARS

Carolyn Jarnagin

- | | |
|---|------------------------------|
| 1 1/2 C. flour | 1 can (11-12 oz.) mixed nuts |
| 3/4 C. packed brown sugar | 1 C. butterscotch chips |
| 1/4 tsp. salt | 1/2 C. light corn syrup |
| 1/2 C. +1 T. cold butter or
margarine, divided | |

Combine flour, sugar and salt. Cut in 1/2 cup butter until mixture resembles coarse crumbs. Press into a greased 9x13x2" pan. Bake 350° for 10 minutes. Sprinkle crust with nuts. Melt butterscotch chips, add remaining butter and corn syrup, mix well. Pour over nuts. Bake at 350° for 10 minutes. Cool. Makes 3 1/2 dozen.

OATMEAL BARS

Janet Stephenson

1 1/4 C. boiling water	2 eggs
1 C. quick oatmeal	1 tsp. cinnamon
1 stick margarine	1 1/2 C. flour
1 C. white sugar	1 tsp. soda
1 C. brown sugar	1 tsp. salt

Pour boiling water over the oatmeal and margarine and let stand for 20 minutes. Add remaining ingredients and mix well. Pour into greased jelly roll pan. Bake at 350° for 15 to 18 minutes. When cool, top with:

1 C. brown sugar	2 T. flour
1 1/2 sticks margarine	1 C. coconut
1 1/2 C. raisins	2 tsp. vanilla
1/2 C. milk	1 C. powdered sugar

Except for the vanilla and powdered sugar, mix all together and boil for 3 minutes. Remove from heat and add the vanilla and powdered sugar. Mix well and spread over cooled bars.

PECAN PIE BARS

Betty Barton

2 C. flour	1 C. corn syrup
1/2 C. sugar	1/2 C. butter or margarine
1/8 tsp. salt	4 large eggs, lightly beaten
3/4 C. butter or margarine	2 1/2 C. chopped pecans
cut up	1 tsp. vanilla
1 C. brown sugar	

Combine flour, sugar and salt and cut in 3/4 cup butter with pastry blender or fork until crumbly. Press mixture evenly into greased 13x9" pan. Use plastic wrap or gloves to pat down firmly. Bake 350° for 17 to 20 minutes. Do not burn, just slightly brown. Combine brown sugar, corn syrup, 1/2 cup butter in saucepan and over medium heat bring to a boil or to melt butter and combine sugars. Remove from heat stir in 1/4 the hot mixture into beaten eggs then add to remaining hot mixture. Stir in vanilla and pecans and pour filling over crust above. Bake at 350° for 30 minutes or until set. Cool over wire rack and cut into bars. Yields 16 bars.

DELICIOUS PEANUT BUTTER BARS

Mary Grimes Dolling*

1 C. butter or margarine	3 eggs
1/2 C. white sugar	3/4 C. brown sugar
1/2 C. creamy peanut butter	1/2 tsp. baking powder
1 C. flour	1/4 C. flour
1 C. rolled oats	1 C. crushed corn flakes

Cream butter or margarine, sugar and peanut butter. Add flour and oats. Pat into a greased 9x13" pan. Bake at 350° for 12 to 15 minutes. Beat eggs and brown sugar. Stir baking powder into flour. Stir in the corn flakes. Spread carefully over first layer. Return to oven and bake 12 to 15 minutes. Frost with powdered sugar glaze, if desired. Cut, serve and enjoy!

PECAN PIE BARS

Ruth Points*

CRUST:

3 C. flour	1 C. margarine
1/2 C. sugar	1/2 tsp. salt

FILLING:

4 eggs, slightly beaten	3 tsp. melted margarine
1 1/2 C. white corn syrup	1 1/2 tsp. vanilla
1 1/2 C. sugar	2 1/2 C. chopped pecans or less

Grease bottom and sides of 15x10x1" baking pan. In a large bowl beat flour, sugar, margarine and salt at medium mixer speed until mixture resembles coarse crumbs. Press firmly and evenly into pan. Bake at 350° for 20 minutes. While crust is baking, prepare filling. Mix eggs, corn syrup, sugar, margarine and vanilla until blended. Stir in pecans. Spread evenly over hot crust. Bake at 350° for 25 minutes or until set. Cook on wire rack. Makes 48 bars.

Success consists of getting up just one more time than you fall.

RAISIN BARS

Natalie Rekemeyer

1 C. raisins	3 C. flour
1 scant C. butter or margarine	1 tsp. soda
1 1/2 C. sugar	1 tsp. cinnamon
2 eggs	Dash of salt
1 tsp. vanilla	

Place raisins in saucepan with water and bring to a boil. Set aside while mixing together the remaining ingredients. Add raisins and 1 cup of the raisin liquid. Pour into 9x13" pan. Bake at 350° for 20 to 30 minutes.

NOTE: This was Natalie's grandma Mabel Webb's recipe.

SPECIAL K BARS

Judy Sampson

1 C. sugar	1 C. white syrup
------------	------------------

Boil 1 minute.

Add 1 1/2 cups crunchy peanut butter. Mix in 6 to 7 cups of Special K cereal. Press into 9x13" pan. Melt one 6 ounce package chocolate chips and 1 package and one 6 ounce butterscotch chips together. Spread over bars.

KAREN MOLITORIS' APPLE CRISP

Deborah Blaedel

4 C. sliced apples	1/2 C. sugar
1 tsp. cinnamon	1/2 C. brown sugar
1/2 tsp. salt	3/4 C. flour
1/4 C. water	1/3 C. margarine

Spread apples in 8" square greased pan. Combine cinnamon and salt. Sprinkle water over apples. Work together, sugar, flour and margarine until crumbly. Spread over apples. Bake at 350° for 40 minutes.

NOTE: This is an ideal recipe to take to a new neighbor. Leave unbaked with directions for baking. The aroma from the oven will make the new house smell like home.

SPICY APPLESAUCE TORTE

Ann Herriott

Sift together into bowl:

1 C. flour	1/2 tsp. salt
1/2 tsp. soda	1 tsp. cinnamon
1 tsp. baking powder	1/2 tsp. cloves

Add and mix. Beat 2 minutes.

3/8 C. oil	1 egg
1 C. brown sugar	1/2 C. apple sauce

Fold in:

1/2 C. apple sauce	1/2 C. raisins or dates, optional
1 C. rolled oats	

Beat slightly. Bake in 9" square pan greased and floured. 350° for 35 to 40 minutes.

APPLE CRUNCH

Roena Neal

2 T. water	Brown sugar
Apples peeled and sliced	Cinnamon

Crunch:

1 beaten egg	1/2 C. flour
1 C. sugar	1/2 tsp. salt
1 tsp. baking powder	

Put water in bottom of 8x8" baking dish. Fill dish with peeled, sliced apples. Sprinkle top with brown sugar mixed with cinnamon. Top with crunch. Bake at 350°. This may be prepared with any amount of apples. You may want to make more crunch for larger amounts. This recipe is about right for an 8x8" pan. It will not spread, but drops onto the apples in bits and pieces.

NOTE: Roene Neal lives in West Liberty, Iowa and is the grandmother of Brian and Jonathan Brand. She was a Wesley student in 1938-41. She met her husband here when they were active in Wesley work. They were married here and 2 of their children were baptized here. Later 1 of her daughters was active, and she met and married her husband at UCMWF. Now her grandsons are active in Faithspring.

BUSTER BAR DESSERT

Dolores Brown

LAYER 1: One regular package Oreo cookies, crushed, mixed with 1/2 cup melted margarine. Mix and put in 9x13" pan but don't press in hard or pack.

LAYER 2: 1/2 gallon vanilla ice cream, softened. Stir gently until smooth and spread on Oreo crust. Freeze until firm again.

LAYER 3: 6 to 8 ounces chopped salted peanuts. Sprinkle on top of ice cream. Freeze.

LAYER 4: In small saucepan, mix 2 cups powdered sugar, 1/2 cup margarine, 2/3 cup chocolate chips and 13 ounce can evaporated milk. Heat to melt. Simmer 10 minutes. Cook completely. Spread on top of peanuts and freeze until solid. To serve, soften 10 minutes in refrigerator.

CHOCOLATE PUDDING

Steven Schroder

3/4 C. sugar	Pinch of salt
2 tsp. baking powder	1 C. white sugar
1/2 C. milk	3 T. cocoa
1 C. flour	1/2 C. brown sugar
1 T. butter or oleo	1 3/4 C. boiling water
1 tsp. vanilla	1/2 tsp. salt

Mix 3/4 cup sugar, baking powder, milk, flour, butter, vanilla, and salt together and pour into 9x13" pan. Combine 1 cup sugar, cocoa, brown sugar, salt and boiling water. Pour over top of cake mixture. Bake at 350° for 1/2 hour. Serve plain or with whipped cream.

DATE TORTE

Irene Swanson

my mother, Beth Warner's best

3 T. flour	2 eggs, separated
3/4 C. sugar	1 C. broken walnut pieces
Pinch salt	1 C. chopped dates
1 tsp. baking powder	

Beat egg yolks in bowl. Add flour, sugar, salt and baking powder and mix well. Add nuts and dates. In a separate, sparkling clean bowl, beat egg whites until stiff. Gently fold egg whites into yolk mixture. Put into 8x8" pan. Bake at 325° for 20 to 25 minutes, until slightly brown at edges.

NOTE: Eggs separate better when cold. Egg whites beat stiffer in less time when allowed to warm up to room temperature.

CREAM PUFF DESSERT

Natalie Rekemeyer

- | | |
|-------------------|-----------------------------------|
| 1 stick margarine | 1-8 oz. pkg. cream cheese, with a |
| 1 C. water | little milk added |
| 1 C. flour | 2 pkgs. vanilla instant pudding |
| 4 eggs | 3 C. milk |

Boil margarine and water in saucepan. Remove from heat. Add 1 cup flour. Mix well. Add 4 eggs, one at a time. Spread into 9x13" pan. Bake 30 minutes at 400°. Cool. Mix together cream cheese with a little milk. Add pudding mixes and milk. Mix well. Spread mixture on dessert. Then spread the container of dessert topping over cream cheese and pudding mixture. Drizzle with chocolate syrup.

CREAM PUFF DESSERT

Sara Compton

- | | |
|---|---------------------------|
| 1/2 C. butter | 3 C. milk |
| 1 C. water | 1-8 oz. pkg. cream cheese |
| 1 C. flour | 1 C. Cool Whip |
| 4 eggs | Chocolate syrup or fruit |
| 2 pkgs. instant vanilla pudding
(4 serving size) | |

Bring butter, water to a boil. Stir in flour. Remove from heat. Beat in eggs, 1 at a time. Pat mixture lightly in greased 9x13" pan. Bake 35 minutes at 350°. Cool. Mix milk, pudding and cream cheese. Beat well. Spread over crust. Top with Cool Whip. Drizzle chocolate over all, or top with fruit. Half a recipe in an 8x8" pan works well. Refrigerate several hours before serving.

It's not the load that brings you down - it's the way you carry it.

DAGMAR'S SURPRISE

Betty Barton

FILLING:

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|---|-------------------|
| 2 cartons (8 oz.) yogurt | 1 small Cool Whip |
| 1 small pkg. strawberry or
any flavor Jell-O | |

CRUST:

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|---|--|
| 1 1/2 C. crushed cookie crumbs
(graham, Oreo or vanilla
wafers) | 2 T. sugar (only for graham,
Oreo and vanilla are
already sweet) |
| 3 T. melted butter | |

Blend together and spread over 9x12" pan, use plastic wrap or glove to pat evenly. Spread filling over cookie crumb crust and serve cold.

NOTE: Dagmar Frank is a friend of Betty Barton.

FORGOTTEN DESSERT

Scott and Susan Grotewold

- | | |
|---------------|--------------------------|
| 5 egg whites | 1/2 tsp. cream of tartar |
| 1/2 tsp. salt | 1 tsp. vanilla |

Preheat oven to 450°. Grease a 9x9" pan well. Beat ingredients until very stiff and gradually add 1 1/2 cups sugar. Beat until stiff. Place in oven and turn off heat. Leave at least 5 hours. Cool and top with 1 cup whipped cream. Refrigerate. Serve topped with berries.

FRUIT SOUP

June Rhoades

- | | |
|--------------------------------------|---------------------------------|
| 3 T. tapioca | 1-29 oz. can sliced peaches |
| 1/2 C. sugar | 3 bananas, sliced thin |
| 2 C. water | 1 to 2 cans mandarin oranges |
| Pinch of salt | 1-6 oz. can frozen orange juice |
| 1-10 oz. pkg. frozen
strawberries | |

Cook tapioca, sugar and water for 6 to 8 minutes. Add remaining ingredients. Refrigerate several hours before serving. Put in individual bowls with a scoop of sherbet on top.

FRUIT PIZZA

Julie Schubert

Recipe for a double crust pie crust.

- | | |
|--|---------------------|
| 3 oz. cream cheese | 1/2 C. orange juice |
| 1/4 C. sugar | 1/4 C. lemon juice |
| 4 oz. whipped topping | 2 T. cornstarch |
| such as Cool Whip | 1/2 C. sugar |
| 3 kinds of fruits (strawberries,
raspberries, bananas, mandarin
oranges, grapes, etc.) | |

Make pie crust using a double crust recipe. Spread over a 13" pizza pan. Prick the crust well with a fork. Bake at 450° for 10 to 12 minutes or until golden. Let the crust cool. Cream together cream cheese and 1/4 cup sugar. Fold in whipped topping. Spread over the crust. Cover with a layer of the 3 kinds of fruits. In saucepan combine orange juice, lemon juice, cornstarch and 1/2 cup sugar. Heat until thickened. Pour evenly over fruit. Refrigerate.

NOTE: This was submitted in honor of Imogene (Fox) Schubert, Julie's mother. This recipe was part of her mother's "ministry of baking." She would give a fruit pizza to a family as they mourned the loss of a loved one. One of her friends asked, "Could I please have mine before I die." Also see the teddy bear bread recipe, which was to celebrate a birth or baptism.

GRANDCHILDREN'S FAVORITE DESSERT

Lori Schippers

- | | |
|---|-------------------------|
| 1 large box of chocolate or
chocolate fudge instant
pudding | 1 qt. vanilla ice cream |
| 1 small box vanilla pudding | Cool Whip |
| 3 C. milk | 2 C. graham crackers |
| | 1/4 C. sugar |
| | 1/4 C. butter |

Mix the graham crackers, butter and sugar in a 9x13" pan, press into the bottom to form the crust. Soften the ice cream. Mix the pudding, milk and ice cream until smooth. Pour over the crust, refrigerate for 1 hour. Top with Cool Whip.

LEMON BANANA JELLO DESSERT

Ruth Points*

2 pkg. lemon Jell-O	1 egg, beaten
2 C. water (1 hot, 1 cold)	1/2 C. sugar
2 bananas	Grated cheese
1 C. mini-marshmallows	Cool Whip
1 C. crushed pineapple, drained, save juice	

Stir hot water into Jell-O until dissolved. Add cold water. Add fruit and marshmallows. Let chill. Prepare second layer. Add enough water to drained pineapple juice to make 1 cup. Add egg and sugar. Cook until thickened. Cool and add 1 cup Cool Whip. Put on top of set jello. Sprinkle with grated cheese.

BAKED MERINGUES

Scott and Susan Grotewold

2 large egg whites	1/2 C. sugar
A pinch of cream of tartar	

Beat egg whites in a bowl until foamy. Add cream of tartar and beat until mixture holds soft peaks. Add sugar, 1 teaspoon at a time while beating, and beat until the meringue holds stiff peaks. Line a baking sheet with parchment paper and preheat oven to 250°. Serves 2 but can easily be multiplied.

NOTE: This mixture can be spooned onto baking sheet with parchment paper and formed with a spoon into cups roughly 5" across. For greater effect, transfer meringue mixture into a pastry bag fitted with 1/2" star tip and pipe it into 5" rings on the baking sheet and paper. Bake the meringues in the middle of the preheated oven for 1 1/2 hours and let them cool on the sheets. Arrange 1 meringue per plate, and top with a scoop of ice cream and sauce of choice.

The best face lift is a smile.

PAVLOVA

Helen Davidson

4 egg whites
1 tsp. cornstarch
1 tsp. vanilla

1 C. granulated sugar
1 tsp. vinegar

Beat egg whites until stiff. Add vinegar and vanilla. Mix sugar and cornstarch and add gradually while beating. Beat until very stiff. Cut parchment to fit cookie sheet and draw a 9" circle on the parchment. Spread pavlova onto circle, making edges somewhat raised. Put into oven and turn temperature to 250°. Bake 1 1/2 hours. Turn off oven and leave in oven for 60 minutes. Spread with 1/2 pint whipped cream which is sweetened with powdered sugar. Top with berries, grapes, kiwi, nectarines or other fruit of choice.

PISTACHIO DESSERT

Gene Olson

1 sleeve Ritz crackers
6 T. margarine, melted
1/2 gal. ice cream, softened

2 pkgs. of pistachio instant
pudding
Cool Whip
1 Heath candy bar

Crush crackers, mix in margarine, and press in bottom of 9x11" pan, mix pudding mix into softened ice cream, spread over crackers. Freeze this. Add Cool Whip and grated Heath bar. Put back in freezer. Bring it out 1/2 hour before serving.

*A recipe that is as old as time itself,
Yet always delightful,
They call it simply friendship;
Beloved, tried and true.*

FROZEN PUMPKIN DESSERT

Marian Heady

CRUST:

- | | |
|--------------------------------|--------------------------|
| 1 C. coconut, flaked or grated | 1/2 C. chopped nuts |
| 4 C. Rice Krispies, crushed | 1/2 C. margarine, melted |
| | 1/2 C. brown sugar |

Combine above. Spread on cookie sheet and brown in 350° oven, stirring often. Put 2/3 of lightly browned mix in 9x13" pan. Pour over the ice cream mixture.

ICE CREAM MIXTURE:

- | | |
|-------------------------------------|-----------------|
| 1/2 gal. softened vanilla ice cream | 1/2 C. sugar |
| 2 C. (#2 can) pumpkin | 1 tsp. cinnamon |
| 1/2 tsp. salt | 1/2 tsp. ginger |
| | 1/4 tsp. cloves |

Spread evenly over the crumbs. Top with remaining 1/3 of crumbs. Freeze.

RHUBARB AMBROSIA

Hazel Cook*

- | | |
|----------------------------------|-------------------------------|
| 5 C. rhubarb, cut in 1/2" pieces | 4 C. small bread cubes (1/2") |
| 1 3/4 C. sugar | 1/2 C. melted butter |
| 1 1/2 T. flour | 1/2 C. flaked coconut |

Melt butter and mix well with bread crumbs. Mix first 3 ingredients with half of buttered bread crumbs. Combine remaining half of bread cubes with coconut and use for topping. Bake at 375° for 40 minutes in 8" baking dish.

The beginnings of all things are small.

RHUBARB COBBLER

Laura Shanks

Mix in casserole:

- | | |
|--------------------|----------------------|
| 4 C. diced rhubarb | 1 1/2 C. water |
| 1 T. lemon juice | 2 heaping T. flour |
| 1 heaping C. sugar | Sprinkle on cinnamon |

Bake in 375° oven while mixing biscuit dough.

BISCUIT DOUGH:

- | | |
|----------------------|---------------|
| 1 1/2 C. flour | 1/2 C. milk |
| 4 T. shortening | 1/4 tsp. salt |
| 2 tsp. baking powder | |

Cover rhubarb mixture with dough and bake 30 minutes. Serve warm with cream.

JIFFY RHUBARB DESSERT

Jane Kennedy

- | | |
|---------------------------|-------------------------------|
| 4 C. cut up rhubarb | 2 C. yellow or white cake mix |
| 1 C. sugar | 1 C. water |
| 1-3 oz. strawberry Jell-O | 5 T. melted margarine |

Put rhubarb in 9x13" pan. Sprinkle sugar, jello, cake mix over rhubarb. Pour water over. Drizzle margarine over all.

Bake 1 hour at 350°. Serves 12.

FROZEN SHERBET DESSERT

Jane Woline

- | | |
|------------------------------|------------------------------------|
| 1 pkg. Pecan Sandies cookies | 2 qts. lime sherbet (pineapple and |
| 4 T. powdered sugar | raspberry are also very good) |
| 4 T. melted butter | 2-9 oz. cartons Cool Whip |

Mix first 3 ingredients together and put most into a 9x13" pan. Save a little to put on top. Soften sherbet and mix with topping. Pour over crumb crust and top with saved crumbs. Freeze.

SNOW ON THE MOUNTAIN

Roena Neal

4 eggs beaten until fluffy
1 C. sugar
2 tsp. vanilla
1/2 C. flour
1 tsp. baking powder
1/2 tsp. salt
1/2 C. chopped dates

1 C. nutmeats
2 cans drained mandarin oranges
3 sliced bananas
2 T. sugar
1 T. lemon juice
Coconut
Whipped cream or dessert
topping

Beat together eggs, sugar and vanilla until light and sugar is dissolved. Sift together flour, baking powder and salt, and fold into sugar and egg mixture. Add chopped dates and nutmeats. Bake at 350° until done, but not dry. Cool. Mix together mandarin oranges, bananas, 2 tablespoons sugar and lemon juice. Break cake into bite size pieces. Build mountain alternating layers of cake and fruit, pressing into shape with hands. Frost with whipped cream or dessert topping. Top with coconut. Refrigerate overnight before serving. May decorate with plastic flowers or seasonal decorations for color.

STRAWBERRY PRETZEL DESSERT

Dee Dreezen

2 2/3 C. pretzels, crushed
slightly
1 1/2 sticks margarine,
softened
3 T. sugar
8 oz. pkg. cream cheese,
softened

1 C. sugar
2 C. Cool Whip
2 pkgs. strawberry Jell-O
1 3/4 C. hot water
2 pkgs. frozen strawberries

Mix first 3 ingredients and press into an 8x12" pan. Bake for 10 minutes at 400°. Cool. Cream together cream cheese and sugar and fold in Cool Whip. Spread over cooled crust, being careful to make a good seal with the pan. Mix jello and hot water until jello is dissolved. Add strawberries. When partly congealed, pour over cream topping. Chill. If making in a 9x13" pan, add slightly to first 6 ingredients.

NOTE: This was a favorite among adult bell ringers. It was also a favorite of many at the Spud luncheon.

TRIFLE

Connie Dunham

Angel food cake
4 C. fresh fruit

2 pkgs. sugar free vanilla or
lemon pudding

Break angel food cake into bite size pieces. Layer in bottom of a glass bowl, add a layer of prepared sugar free vanilla or lemon pudding prepared following the directions on package. Layer fresh fruit, such as strawberries, peaches and blueberries. Layer cake, pudding and fruit again. Top with low fat Cool Whip over entire layer.

NOTE: Connie received this recipe from her friend, Laani Hill.

PEPSI COLA CAKE

Debby Wilson

1 C. softened butter
2 C. flour
1 3/4 C. sugar
1 tsp. baking soda
3 T. cocoa

2 eggs
1/2 C. buttermilk
1 C. Pepsi
1 1/2 C. marshmallows

Mix all ingredients except Pepsi and marshmallows. After all blended, add Pepsi and marshmallows. Pour into greased 9x13" pan and bake 40 to 45 minutes at 350° degrees. Cool 1/2 hour and frost with Pepsi frosting.

PEPSI FROSTING:

1/2 C. butter
3 T. cocoa

1/3 C. Pepsi
4 C. powdered sugar

Mix together and spread over Pepsi Cola cake.

NOTE: Debbie submitted this recipe in honor of her mother Wilma Smith.

Nothing lasts forever - not even your troubles.

DIRT CAKE WITH WORMS

Cynthia Lidtke

1-32 oz. pkg. of Oreo cookies	2 small pkgs. chocolate pudding, dry
1-8 oz. pkg. cream cheese	3 1/2 C. milk
1 C. powdered sugar	1-12 oz. container Cool Whip

Mash or break Oreo cookies into small pieces and set aside. In a bowl, cream the cream cheese and powdered sugar. Set ingredients aside. In a large mixing bowl, mix pudding and milk. Next, fold in Cool Whip. In a plastic pot layer the pudding/Cool Whip mixture, cookies and cream cheese mixture. Alternating the layers. Garnish with gummy worms and fake flowers. Use a toy sand shovel for serving. It is more fun if some of the gummy worms are buried in the "dirt".

SOUR CREAM WHITE CAKE

Natalie Rekemeyer

3 egg whites	1 1/2 C. sugar
1 C. thick sour cream	2 C. cake flour
1/2 C. cold water	1/4 tsp. baking soda
1 tsp. vanilla	2 tsp. baking powder

Mix all dry ingredients. Sift 3 times. Beat egg whites to hold a peak. Beat sour cream until thick. Beat egg whites and sour cream together. Add water and vanilla. Mix well. Then add all dry ingredients at once. Mix. Bake in loaf pan in moderate oven, 350° until done.

NOTE: Recipe given to Natalie by her Grandmother Ellwange.

*The happiness of your life depends
upon the quality of your thoughts.*

BEST CARROT CAKE

Natalie Rekemeyer

2 C. flour	3/4 C. buttermilk
2 tsp. baking soda	2 tsp. vanilla
1/2 tsp. salt	2 C. grated carrots
2 tsp. ground cinnamon	1-8 oz. crushed pineapple, drained
3 large eggs	13.5 oz. can flaked coconut
2 C. sugar	1 C. chopped pecans and walnuts
3/4 C. vegetable oil	

Line three 9" pans with wax paper. Lightly grease and flour wax paper. Stir together flour, baking soda, salt and cinnamon. Beat eggs, sugar, oil and buttermilk at medium speed with an electric mixer until smooth. Add flour mixture, beating at low speed until blended. Fold in carrots, pineapple, and nuts. Pour batter in prepared cake pans. Bake at 350° for 25 to 30 minutes. Drizzle with Buttermilk Glaze evenly over layers. Cool pans on wire racks 15 minutes. Remove from pans and cool completely on wire racks. Spread Cream Cheese Frosting between layers and on top and sides of cakes.

BUTTERMILK GLAZE:

1 C. sugar	1/2 C. butter
1 1/2 tsp. baking soda	1 T. light corn syrup
1/2 C. buttermilk	1 tsp. vanilla

Bring first 5 ingredients to a boil in a large Dutch oven over medium high heat. Boil, stirring often, for 4 minutes. Remove from heat and stir in vanilla. Pour over carrot cake. All of it.

CREAM CHEESE FROSTING:

3/4 C. butter	3 C. sifted powdered sugar
1-8 oz. cream cheese, softened	1 1/2 tsp. vanilla
1-30 oz. cream cheese, softened	

Beat butter and cream cheese at medium speed with an electric mixer until creamy. Add powdered sugar and vanilla. Beat until smooth.

SOUR CREAM POUND CAKE

Natalie Rekemeyer

1 C. butter	3 C. flour, sifted before measuring
2 3/4 C. sugar	1 C. sour cream
6 eggs, separated	1 tsp. vanilla extract
1/4 tsp. baking soda	1 tsp. mace
1/2 tsp. salt	

Cream butter and sugar. Add egg yolks, one at a time. Add soda and salt to flour and sift 2 more times. Then add flour mixture and sour cream alternately to the butter and sugar mixture. Beat egg whites until stiff and fold into batter. Bake in a greased and floured tube or bundt pan at 350° for 1 1/4 hours to 1 1/2 hours or until toothpick comes out clean. When cool sprinkle with powdered sugar, if desired.

NOTE: For flavor variations, add 1/2 teaspoon lemon extract, 1/2 teaspoon orange extract, or almond extract in place of vanilla and mace. This recipe is from Natalie's friend, Annie Dean.

*When you were a child did
your heart skip a beat
When a sweet aroma
signaled a treat?
There's nothing like homemade
breads and cake
Just like Grandma used to make.*

LICKETY SPLIT CHOCOLATE CAKE

Natalie Rekemeyer

1 C. water	1/4 tsp. salt
1/2 C. salad oil	4 T. cocoa
1 stick margarine	1/2 C. buttermilk
1/4 tsp. butter flavoring	1 tsp. soda
2 C. flour	2 eggs, slightly beaten
1 3/4 C. sugar	1 tsp. vanilla

Combine water, salad oil, margarine, and butter flavoring in a saucepan. Bring to a boil. In a mixing bowl, put flour, sugar, salt and cocoa. Pour hot mixture over ingredients in mixing bowl. Beat until creamy. Add remaining ingredients, beating well. Pour batter, it is quite thin, into well greased and floured jelly roll pan. Bake at 400° for 18 minutes or until it tests done.

NOTE: If jelly roll pan is not available, it may be baked in two 8" square pans and 1 loaf pan. Baking time would be a little less. Check not to over bake. Freezes well. Recipe came from Natalie's grandmother, Mabel Webb.

FROSTING:

6 T. buttermilk	1 lb. powdered sugar
1 stick of butter	1/2 tsp. vanilla
3 T. cocoa	1 C. miniature marshmallows
1/4 tsp. butter flavoring	1/2 C. nuts

Put buttermilk, margarine, cocoa and butter flavoring in saucepan. Bring to a full boil and remove from heat. Stir in powdered sugar. Add remaining ingredients. Spread onto cake. It sets up like fudge frosting. Be certain to spread frosting while still hot. Recipe came from Natalie's grandmother, Mabel Webb.

The best birthdays of all are those that haven't arrived yet.

APPLE CHUNK CAKE

Charlotte Vasey*

2 C. flour, sifted	2 large eggs
1 tsp. soda	2 tsp. vanilla
2 tsp. cinnamon	1 can apple pie filling
1/2 tsp. salt	1/2 C. chopped nuts
1/2 C. oil or oleo	1 C. raisins, softened in hot water
1 C. sugar	Cool Whip

Mix and set aside flour, soda, cinnamon and salt. Cream with electric mixer oil, sugar, eggs and vanilla. Add flour mixture. Add pie filling, nuts and raisins. Grease a 9x13" pan and pour in batter. Bake 50 minutes at 350°. Serve with Cool Whip. Serves 12. Freezes beautifully.

CAROL JONES' FRESH APPLE CAKE

Deborah Blaedel

2 C. sugar	3 C. sour apples, peel and dice
3 eggs	1 C. chopped pecans, toasted
1 1/2 C. oil	1 tsp. salt
3 C. flour	1 tsp. baking soda

Cream oil and sugar; add eggs and vanilla. Mix dry ingredients and add. Blend well. Stir in apples and nuts. Bake in greased bundt pan at 300° for 1 hour 30 minutes. Cool 30 minutes before removing from pan. Dribble with glaze.

GLAZE:

1/2 stick of butter	3 T. cream
3/4 C. brown sugar	

Melt butter in saucepan. Add brown sugar and cream and boil for 1 minute.

NOTE: The apple cake and glaze recipes are from a good neighbor of Deborah's when they lived in Fayetteville, NC.

BUTTERSCOTCH MARBLE CAKE

Maureen Wilt

1 pkg. 2 layer size white cake mix	1 C. water
1-3 3/4 or 4 oz. pkg. instant butterscotch pudding mix	1/2 C. cooking oil
	4 eggs
	1/2 C. chocolate syrup

Combine cake mix, pudding mix, water and oil and beat on medium speed for 2 minutes or until smooth. Add eggs, 1 at a time, beating after each addition. Pour 2/3 of batter into well greased and floured bundt pan. Mix the remaining 1/3 batter with the chocolate syrup and pour evenly over the butterscotch mixture. Bake at 350° for 1 hour or until cake tests done. Cool 25 to 30 minutes in pan. Remove and cool. Sprinkle with sifted powdered sugar.

MRS. YENSEN'S CHEESECAKE

Betty Barton

Graham cracker crust in spring form pan:

18 graham cracker crushed (1 1/2 C. crumbs)	3 T. melted butter 1 T. sugar
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Combine crumbs, butter and sugar and spread in pan, evenly. Pat down and set aside.

Combine:

3-8 oz. pkgs. cream cheese room temperature	1 C. sugar 1 1/2 tsp. vanilla
5 eggs, separated, add yolks first and beat whites separate	

Beat until smooth cream cheese, yolks, sugar and vanilla then fold in the egg whites. Pour mixture over graham cracker crust. Bake at 300°, slow oven for 1 hour. Cool for 5 minutes.

Mix:

1/2 pt. (8 oz.) sour cream 1 tsp. vanilla	5 tsp. sugar
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Spread over slightly cooled cheese cake and bake another 5 minutes to set icing. Remove and completely cool. Refrigerate at least 6 hours. Can be served with warmed fruit filling, homemade or canned pie filling or fresh fruit of the season.

RICH CHOCOLATE CAKE

Jane Woline

In a 9x13" pan mix 1 cup brown sugar and 1/2 cup cocoa powder. Then stir in 2 cups of water until well blended. Snip 12 large marshmallows into quarters and scatter over this mixture. Spoon carefully over this chocolate/marshmallow mixture, Duncan Hines Devil's food cake mix batter (prepared according to the box directions). Top with 1 cup of broken nuts. Bake 350° for 45 to 50 minutes. Turn cake upside down when serving so chocolate sauce is on top. Serve warm or cold with whipped cream.

CHOCOLATE CHIP CHEESECAKE

Scott and
Susan Grotewold

Stir together:

1 1/2 C. finely crushed Oreos 1/4 C. melted margarine

Press crumb mixture into bottom of spring form pan.

FILLING:

3-8 oz. pkgs. cream cheese,
softened

1-14 oz. can sweetened
condensed milk

3 eggs

2 tsp. vanilla

1 C. mini chocolate chips

1 tsp. flour

Beat cheese until fluffy. Add sweetened condensed milk and beat until smooth. Add eggs and vanilla. Mix well. In a separate bowl, toss 1/2 cup of mini chocolate chips and 1 teaspoon flour to coat. Stir into cheese mixture. Preheat oven to 300°. Pour into spring form pan. Sprinkle remaining 1/2 cup of mini chocolate chips on top of mixture. Bake 1 hour or until cake springs back when lightly touched. Cool. Refrigerate.

The best thing you can spend on your children is time.

CHOCOLATE BUNDT CAKE

Karla Drapal

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|---------------------------------------|------------------------------------|
| 1 pkg. chocolate cake mix | 1/3 C. vegetable oil |
| 1 small box instant chocolate pudding | 4 eggs |
| 1 C. sour cream | 1 1/2 C. semisweet chocolate chips |
| 1/2 C. warm water | |

Heat oven to 325°. Grease and flour a 10 to 12 cup bundt pan. In a large mixing bowl, combine all ingredients except chocolate chips. Mix 2 minutes on medium speed. Increase speed to medium high; mix 3 minutes. Stir in chocolate chips. Spoon in pan. Bake 325° for 55 to 60 minutes. Cool 10 minutes. Remove from pan; cool completely. Sprinkle with powdered sugar.

MOM'S CHOCOLATE FROSTING

Deborah Blaedel

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|--|-------------------------|
| 1-1 lb. box of powdered sugar | Hot water in tea kettle |
| 1/2 C. Crisco (sticks are good for this) | 1/4 tsp. salt |
| 1/2 C. cocoa powder | 1 tsp. vanilla |

Have a tea kettle of hot water on stove. Place powdered sugar, cocoa and Crisco in large mixing bowl. Cut in Crisco into powdered sugar and cocoa coarsely. Add boiling water, first more and then a little bit at a time, mixing well until good spreading consistency. Add the salt and vanilla and spread onto the cake right away, as frosting sets up as it cools.

NOTE: Deborah's dad worked as head waiter at the Memorial Union at the University of Iowa while he was in medical school. Her mother requested this recipe from the pastry chef when she and Deborah's dad were married.

TRIPLE CHOCOLATE CAKE

Margy Howe

- | | |
|--------------------------------------|------------------------|
| 1 box chocolate cake mix | 1 3/4 C. milk |
| 1 box chocolate pudding mix, instant | 2 eggs |
| | 12 oz. chocolate chips |

Combine all ingredients. Mix by hand until well blended, about 2 minutes. Pour into a greased floured tube pan or bundt pan. Bake 350° 50 to 55 minutes until cake springs back when lightly pressed with finger. Do not over bake. Cool 15 minutes in pan; remove from pan and continue cooling on rack.

CHOCOLATE ZUCCHINI CAKE

Margaret Cory

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|--|-----------------------------------|
| 1 box Devil's food cake mix
with pudding included | 1/2 C. buttermilk |
| 1 tsp. cinnamon | 1/2 C. oil |
| 1/8 tsp. cloves | 3 eggs |
| 2 C. finely shredded zucchini | 1/2 C. chopped nuts |
| | 1/2 C. semi-sweet chocolate chips |

Heat oven to 350°. In a large bowl, beat cake mix, cinnamon, cloves, zucchini, buttermilk, oil and eggs. Pour into greased and floured 13x9" pan and sprinkle with nuts and chocolate chips. Bake at 350° for 35 to 45 minutes until toothpick comes out clean. Serves 12.

CRANBERRY-ORANGE-DATE CAKE

Carolyn Jarnagin

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|----------------------|------------------------------|
| 2 1/4 C. flour | 1 tsp. vanilla |
| 1 C. sugar | 1 C. whole fresh cranberries |
| 1/4 tsp. salt | 2 eggs, well beaten |
| 1 tsp. baking powder | 1 C. buttermilk |
| 1 tsp. soda | 3/4 C. salad oil |
| 1 C. chopped nuts | 1 C. orange juice |
| 1 C. diced dates | 1 C. sugar |

Sift flour, salt, soda and baking powder together. Add sugar. Stir in dates, nuts and cranberries. Combine eggs, vanilla, buttermilk and salad oil. Stir into flour mixture until well blended. Pour into a well greased 10" tube or bundt pan. Bake at 350° 1 hour. Let stand 15 minutes. Remove cake from pan and place on large plate. Heat sugar and orange juice until dissolved. Poke holes in top of cake, toothpick or skewer and slowly pour orange mixture over cake. Refrigerate at least 24 hours. A rich full flavored moist cake that freezes well.

A good rule for talking is one used in measuring flour; sift first.

CRUMB CAKE

Shirley Held

2 C. brown sugar	1 tsp. cinnamon
2 tsp. nutmeg	1 C. shortening
3 C. flour	

Mix together until crumbly and save 1 cup of mixture for the top of cake.

2 eggs	1 tsp. baking powder
1 C. sour milk	1/2 tsp. salt
1/2 tsp. soda	

Add these ingredients to first mixture and beat well. Add nuts to the saved crumb mixture and sprinkle over top of batter after it is in the cake pan. Pour into 9x13" greased and floured cake pan. Bake 30 to 35 minutes at 350°.

CYCLONE (OR HAWKEYE) SNACK CAKE

Maxene Spohnheimer*

3/4 C. flour	1 T. oil
1/2 C. sugar	1/2 C. buttermilk
1/3 tsp. cinnamon	1/2 tsp. soda
1/8 tsp. nutmeg	Raisins
1/8 tsp. cloves	Chopped nuts

Mix flour, sugar and spices. Add oil. Stir well again, then add nuts and raisins, if wanted and the buttermilk with soda dissolved in it. Mix well and put in a 5x7" microwave pan. Bake at full power 3 1/2 minutes at 700 watts. Cake will be soft on top and needs to stand 5 minutes to finish baking. If microwave has no turntable, cake should be given 1/4 turn every 60 seconds. Serves 6.

NOTE: If regular oven pan is used, may be baked at 350° about 10 minutes or until done. Users of regular ovens may want to double the recipe and use a larger pan.

EGGLESS BUTTERLESS CAKE

Wanda Sours*

1 pound raisins, stewed 15 minutes in 2 cups of water.

ADD:

1/2 C. lard or margarine

1 tsp. salt

2 C. sugar

1 tsp. soda

1 tsp. each of cloves,
cinnamon, nutmeg

1 heaping tsp. baking powder

4 C. flour or enough to make a
stiff batter but not too stiff

Makes 3 bread loaf pans. Bake at 325° to 350° about 45 to 60 minutes.

NOTE: Wanda's mother gave this to her. It was the property of the Ladies Aid of the North Class Methodist Church, located 5 miles west of Corning, Iowa. No one ever gave the recipe away, but sold it for \$.10. The church was torn down about 85 years ago.

FUDGE CAKE

Bette Coulson

1 C. boiling water

1 1/2 tsp. soda

2 squares chocolate,
unsweetened

2 C. sugar

1/2 C. buttermilk

1/2 C. margarine

2 eggs

2 C. sifted flour

1 tsp. vanilla

1/2 tsp. salt

Mix water, chocolate, margarine in large saucepan and melt over medium heat. Cool. Sift together flour, salt and soda and add to cooled mixture. Add sugar. Add buttermilk. Add eggs and vanilla. Bake at 375° in two 8" squares pans or one 9x13" pan.

HIDDEN TREASURE CUPCAKES

Jane Woline

1 pkg. German chocolate
cake mix

1/3 C. sugar

1 egg

1-8 oz. pkg. cream cheese

1-6 oz. pkg. chocolate chips

Prepare cake mix according to package directions. Fill paper lined muffin cups 2/3 full with cake batter. Mix softened cream cheese with sugar and egg; then stir in chocolate chips. Drop 1 rounded teaspoon of cheese mixture in middle of each cupcake. Bake 350° for 25 to 30 minutes. Recipe makes 25 to 30 cupcakes. They need no frosting.

MANDARIN ORANGE CAKE

Margaret Cory

1 box yellow cake mix
4 eggs
1 C. oil
11 oz. can mandarin orange
segments

8 oz. Cool Whip, thawed
20 oz. can crushed pineapple
with juice
3.5 oz. pkg. instant vanilla
pudding mix

In a large bowl, combine cake mix, eggs, oil and mandarin oranges with juice. Beat until smooth. Pour batter into greased and floured 13x9" pan. Bake at 350° for 35 to 40 minutes until toothpick inserted in center comes out clean. Allow to cool. To make topping, beat together Cool Whip, pineapple with juice and dry instant pudding mix until blended. Spread on cake. If desired, sprinkle with coconut. Serves 12.

MIRACLE WHIP CAKE

Donna Dunaway

2 C. flour
2 tsp. baking soda
4 tsp. cocoa
1 C. Miracle Whip

1 C. sugar
Dash of salt
1 tsp. vanilla
1 C. water or coffee

Mix together with mixer all ingredients until well blended. Bake in 350° oven until toothpick in center comes out clean.

A truly contented person enjoys the scenery along a detour.

NACOGDOCHES CAKE

Dorothy Sielert*

1/2 lb. oleo (2 sticks)	2 C. sugar
1/2 C. Crisco	1/2 C. buttermilk
4 T. cocoa	1 tsp. soda
1 C. water	2 eggs
2 C. flour	1 tsp. vanilla

ICING:

1/4 lb. oleo	1 box powdered sugar
4 T. cocoa	1 C. chopped nuts
6 T. milk	1/2 tsp. vanilla

Bring to a boil oleo, Crisco, cocoa and water. Sift together flour and sugar. Pour hot mixture over the sugar and flour. Add buttermilk, soda, eggs, and vanilla. Pour into greased and floured jelly roll pan. Bake 20 minutes at 400°. Five minutes before cake is done, mix and bring to boil the oleo, cocoa and milk. Remove from heat and add 1 box powdered sugar; beat thoroughly. Add nuts and vanilla. Spread on cake immediately upon removing from oven.

AUNT ELIZABETH'S POUND CAKE

Betty Barton

2 C. sugar	1 T. almond flavoring or any
2 C. flour	1 tsp. vanilla
1 C. Crisco	1 tsp. salt
6 eggs	

Combine all ingredients and mix with electric mixer until well mixed, at least 3 minutes. Prepare bundt pan greased and flour. Start cake in cold oven. Set at 325°. Bake 1 hour or 1 hour 15 minutes, check doneness at 1 hour.

NOTE: This is started in a cold oven.

Letters are visits when friends are apart.

PRUNE CAKE WITH BUTTERSCOTCH GLAZE

Pat Burns

2 C. sifted regular flour	1 1/2 C. sugar
1 tsp. baking soda	3 eggs
1/4 tsp. salt	1 tsp. vanilla
1 1/2 tsp. cinnamon	1 C. buttermilk
1/2 tsp. nutmeg	1 1/2 C. coarsely cut, cooked, drained, pitted prunes
1/2 tsp. allspice	1 C. chopped pecans
1 C. corn oil	

BUTTERSCOTCH GLAZE:

1 C. sugar	1/4 C. light corn syrup
1/2 C. buttermilk	1/2 tsp. baking soda
1/4 C. (1/2 stick) margarine	1/2 tsp. vanilla

Sift together flour, baking soda, salt, and spices. In large mixing bowl beat together corn oil and sugar. Add eggs, one at a time, beating well after each addition. Stir in vanilla. Add sifted dry ingredients alternately with buttermilk, about 1/3 at a time, blending well after each addition. Stir in prunes and nuts. Pour into ungreased 9" tube pan with removable bottom. Bake at 350° for about 1 hour or until cake tester inserted in center comes out clean. About 15 minutes before cake is done, prepare glaze and pour immediately over cake in pan. When cake is cool, remove from pan.

BUTTERSCOTCH GLAZE: Put all ingredients in 3-quart saucepan. Cook over medium heat, stirring occasionally. Bring to a full boil and boil 10 minutes. Pour immediately over cake.

I usually use a regular cake pan for this, rather than 1 with removable bottom.

Grandparents are a gift to children.

PUMPKIN CAKE ROLL

Deb Penney to Betty Barton

3 eggs separated	1 tsp. baking powder
1 C. sugar	2 tsp. cinnamon
1 tsp. vanilla	3/4 tsp. ginger
1 tsp. lemon juice	3/4 tsp. nutmeg
2/3 C. cooked pumpkin	1/2 tsp. salt
3/4 C. flour	1 C. chopped nuts

Beat egg yolks until very light and fluffy. Gradually beat in sugar. Add vanilla, lemon juice and pumpkin. Blend well. Sift together flour, baking powder, spices and salt. Stir into pumpkin mixture. Beat egg whites until stiff. Fold egg whites into pumpkin mixture. Spread into greased 15x10x1" jelly roll pan and lined with parchment or waxed paper. Top with nuts. Bake at 375° for 15 to 20 minutes or until done. Loosen edges and turn out onto towel sprinkled with powdered sugar. Peel off paper, trim edges if needed and roll up in towel as with any jelly roll while still warm, set aside. Allow to cool 30 minutes while preparing filling.

FILLING:

6 oz. cream cheese	4 T. butter softened
1 C. powdered sugar	1 tsp. vanilla

Mix until smooth. Unroll jelly roll cake and spread filling over cake. Reroll and then refrigerate until serving time. May sprinkle with powdered sugar. Slice cake as any jelly roll.

PUMPKIN STREUSEL CAKE

Ann Herriott

Streusel:

1/2 C. packed brown sugar	1 1/2 tsp. cinnamon
1/2 C. chopped nuts	

Cake:

1 pkg. spice cake mix	1 C. canned pumpkin
1/3 C. water	1 tsp. soda
3 eggs	

Grease and flour 9x13" pan. Spread half cake mixture and half streusel mixture. Repeat. Bake at 350° 35 to 40 minutes.

PUMPKIN PIE CAKE

Ruby Buck

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|---|---|
| 1-29 oz. can or 2-16 oz.
cans of pumpkin | 1 tsp. ginger |
| 4 eggs | 1/2 tsp. nutmeg |
| 1 1/2 C. sugar | 1 pkg. yellow cake or spice
cake mix (18 oz. size) |
| 1-13 oz. can evaporated milk | 1 C. melted margarine |
| 2 tsp. cinnamon | 1 C. chopped nuts |

Mix together pumpkin, eggs, evaporated milk, sugar, cinnamon and nutmeg. After mixing these together, pour into an ungreased 9x13" pan. Sprinkle with the dry cake mix. Pour over the cake mix 1 cup melted margarine or butter. Sprinkle with the 1 cup chopped nuts. Bake in 350° oven for 1 hour or until tester comes out clean. Top with whipped cream if desired.

NOTE: Can substitute 3 or 3 1/2 teaspoons pumpkin pie spice for ginger, nutmeg and cinnamon.

RHUBARB CAKE

Jane Woline

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|----------------------|--------------------------------|
| 1 1/2 C. brown sugar | 1 tsp. soda |
| 1/2 C. margarine | 2 C. flour |
| 1 egg | Dash of salt |
| 1 tsp. vanilla | 1 1/2 C. raw rhubarb, cut fine |
| 1 C. buttermilk | |

Cream sugar and margarine. Add egg, vanilla and buttermilk. Beat well. Combine flour, soda and salt. Add to creamed mixture. Mix in finely cut raw rhubarb. Pour into greased and floured 9x13" pan. Sprinkle with mixture of 1 teaspoon cinnamon and 1/2 cup sugar. Bake 350° for 35 to 40 minutes or until done.

SEVEN MINUTE FROSTING

Shaella Holtman

- | | |
|----------------|-----------------|
| 1 egg white | Dash salt |
| 2 C. sugar | 3 T. cold water |
| 1 tsp. vanilla | |

Place all ingredients but vanilla in double boiler, cook, beating constantly with rotary or electric beater until mixture forms peaks, about 7 minutes. Remove from heat, add vanilla and beat until spreading consistency.

SEA FOAM FROSTING

Donna Dunaway

2 egg whites	1/4 tsp. salt
1 1/2 C. white sugar	1/4 C. cold water
1 T. light corn syrup	1 tsp. vanilla

Mix together the first 5 ingredients in top of double boiler. Cook over boiling water, stirring constantly until peaks form about 7 minutes. Remove from heat; add vanilla. Beat until it is a spreading consistency and spread over cooled cake.

NOTE: Donna is Sherry Davidson's sister.

TWINKIE CAKE

Jane Kennedy

1 yellow cake, prepared from mix in 13x9" pan according to package directions and cooled	1 C. sugar
1 C. milk	1/2 C. margarine
5 T. flour	1/2 C. Crisco
	1/2 tsp. salt
	1 tsp. vanilla

Slice cake in half horizontally. Bring flour and milk to a boil, stirring constantly. Cool well. Cream remaining ingredients. Add flour and milk mixture. Beat until fluffy. Spread on bottom layer and top with other half. Refrigerate 2 days before eating.

Peace is seeing a sunset and knowing who to thank.



Appetizers





LAYERED APPETIZER TORTA

Pat Pearson

3-8 oz. cartons light cream
cheese, softened
1-7 oz. jar pesto, drained
1/4 C. margarine or butter
2 T. bread crumbs
3 T. milk

1-8 oz. jar marinated sun softened
dried tomatoes, drained and
finely chopped
1/2 tsp. pepper
Snipped fresh parsley
Bread rounds or crackers

Line an 8 1/2x4 1/2" baking pan with foil. Drain pesto and tomatoes using strainers. Beat cream cheese, margarine, milk and pepper until smooth. Spread 1/3 the cream cheese mixture evenly in lined pan. Chill at least 15 minutes to harden a bit. Combine pesto and bread crumbs; carefully spread over cream cheese layer. Spread with another 1/3 cream cheese, then sprinkle with tomatoes. Spread with remaining cream cheese mixture. Refrigerate, covered, several hours or overnight. Unmold onto serving platter; smooth top. Garnish with parsley. Serve with parsley. Serve with bread rounds or crackers. Serves 18 to 24.

ARTICHOKE DIP

Mary Jo Banwart

2 C. Parmesan cheese
2 cans artichokes, drained
and chopped

2 C. Hellmann's mayonnaise
2 cans diced green chilies

Stir together. Pam 10 to 12" quiche pan. Bake until bubbly at 350°. Set out 10 minutes. Serve with crackers.

LAYERED BEAN DIP

Cynthia Lidtke

2 cans refried beans
1 lb. cooked hamburger meat
with taco seasoning
1 jar of salsa
Chopped lettuce

1 to 2 tomatoes
1 medium onion, chopped
6 oz. sour cream
8 oz. shredded cheese

Spread beans, hamburger and salsa evenly space on a large plate or platter in the order listed. Microwave for 5 to 10 minutes. Then add lettuce, tomatoes, onion, sour cream, and shredded cheese in that order. Serve with corn chips.

CAMPONATA

Deborah Blaedel

- | | |
|-------------------------------|---------------------------|
| 1 medium eggplant, 3/4 lb. | 1/2 C. water |
| 2 T. olive oil | 2 T. red wine vinegar |
| 1 C. chopped celery | 1 T. parsley |
| 1 C. chopped onion | 1 T. pine nuts |
| 1 C. prepared spaghetti sauce | 1 1/2 tsp. drained capers |

Cut thin lengthwise slice from top to bottom of the eggplant. Scoop out pulp, leaving 1/4" shell. Chill shell. Chop eggplant pulp. Cook eggplant, celery and onions in hot oil in 2-quart saucepan over medium high heat for 10 minutes, stirring occasionally. Stir in spaghetti sauce, water and vinegar. Heat to boiling. Reduce heat to low and simmer 10 minutes. Stir in remaining ingredients. Spoon into bowl, cover and chill 3 hours. Serve in eggplant shell and garnish with additional pine nuts and capers.

CHEESE STRAWS

Deborah Blaedel

- | | |
|--|-----------------------------------|
| 1 lb. sharp Cheddar cheese,
finely shredded | 2 C. flour |
| 1 stick of butter, melted and
cooled | 1/2 tsp. salt |
| | 1/2 to 1 tsp. red pepper to taste |

Mix all ingredients until well blended. Press through cookie press in long strips, cutting into 2" long strips. The dough comes out of the cookie press more easily when at room temperature. Bake on non-stick cookie sheet at 350° for 10 to 15 minutes. Watch carefully, do not let brown.

NOTE: Recipe from Deborah's former Fayetteville, NC neighbor, Carol Jones.

FRUITED CHEESE BALL

Deborah Blaedel

- | | |
|--|---|
| 2-8 oz. pkgs. cream cheese | 1/4 to 1/2 C. chopped dried
apricots |
| 1-4 oz. pkg. Monterey Jack
cheese, grated | 1/2 C. chopped pecans |
| 1/2 C. green seedless grapes,
chopped more if desired | 1/4 to 1/2 C. white raisins |
| | 1/2 C. chopped dates |

Warm cheese to room temperature. Blend all ingredients into cheese. Mold into ball; refrigerate. Remove from refrigerator 1 hour before serving. Serve on gingersnaps.

NOTE: Recipe from Deborah's friend, Karen Argo, Fayetteville, NC.

CHEESE BALL

Sherry Davidson

1-8 oz. pkg. cream cheese
1 C. finely shredded Cheddar
cheese

2 T. Dorothy Lynch salad dressing
homestyle
Approximately 1/3 C. finely
chopped pecans

Mix cream cheese, Cheddar cheese and salad dressing together. Blend well. Shape into large ball and roll into chopped pecans. Serve with crackers.

NOTE: I usually save 1 pecan half to put on top.

CHILI AND CHEESE DIP

Bob Bell

2 regular size cans of Hormel
Chili without beans

1 lb. Velveeta cheese with
Mexican seasoning

Cube cheese and combine with Hormel chili in a crockpot, stirring occasionally. Serve with tortilla chip scoopers.

NOTE: Bob is Deborah Blaedel's brother. This dip is popular at John Deere in the Quad Cities, where Bob works.

CREAM CHEESE BALL

Effie Lingren

2-8 oz. pkgs. cream cheese
softened (I use 1/3 less fat)

2 T. chopped fresh onion
1 T. dried flakes

1 small can crushed pineapple,
well drained

1/4 C. finely chopped green
pepper

Mix well with mixer. Mold into 2 balls and pat on chopped pecans. Wrap in plastic wrap. Keeps well. Serve with any type of crackers.

Give others a piece of your heart, not a piece of your mind.

SNOWMAN CHEESE BALL

Mary Jo Banwart

- | | |
|---|-----------------------|
| 1-6 oz. cream cheese | 1 tsp. garlic salt |
| 1 C. crushed pineapple,
well drained | 1 T. dried onion |
| 1/4 C. chopped green pepper | 1/2 C. chopped pecans |

Mix together and form into 3 balls. Wrap in plastic wrap and refrigerate for 1 to 2 days. Stack balls on serving platter; put a large straw down the center. Decorate using slices of ripe olives for button and pieces for mouth; shaved mini carrot for nose; slices of stuffed green olives for eyes; pretzel sticks for arms; Ritz crackers for hat brim and whole ripe olive on top for hat. Serve with assortment of crackers. This may be made into 1 ball and served that way as well.

This recipe came from Mary Jo's sister, Jane O'Brien.

LAYERED DIP

Mary Jo Banwart

- | | |
|---|--|
| 16 oz. lite sour cream | 2 to 3 C. finely grated Cheddar
cheese |
| 1 pkg. low sodium taco
seasoning | 1 small can drained sliced black
olives |
| 2 cans low fat refried beans
with green chilies if you
can find | 2 cans chopped green chilies |
| 4 to 6 sliced scallions | 1/2 box grape tomatoes,
quartered |

Mix together sour cream and taco seasoning. On a large platter layer refried beans, sour cream and taco seasoning mixture and remaining ingredients in order given. Cover with plastic wrap and refrigerate a minimum of 4 hours before serving with taco chips.

GUACAMOLE

Cynthia Lidtke

- | | |
|--------------------------------|-------------------------|
| 3 ripe avocados, soft to touch | 1/2 small onion, minced |
| 1 to 2 vine ripe tomato, diced | Salt to taste |

Cut avocados in half and scoop out flesh into a bowl, cut into small pieces, do not mash. Add remaining ingredients and stir until well combined. Cut avocados in half and with a sharp knife hit seed in center lift seed out. The seed can be saved to be placed back in for decoration.

OPPOSING SIDES TWO BEAN DIP

Pat Pearson

16 oz. Great Northern beans, drained	4.5 oz. can chopped green chilies, drained
1/2 C. chopped onion, divided	1/4 tsp. ground cumin
2 cloves garlic, divided	1/2 C. (2 oz.) finely shredded reduced fat sharp Cheddar cheese
3 T. grated Parmesan	1/4 C. sliced green onion tops
1/2 tsp. salt	Garlic pita chips
1/2 tsp. pepper	
15 oz. black beans, drained and rinsed	

Combine Great Northern beans, 1/4 cup chopped onion, Parmesan cheese, 1/4 teaspoon each salt, pepper, and 1 clove garlic in food processor or blender. Process until smooth. Spoon white bean mixture into a bowl on 1 side; set aside. Combine black beans, 1/4 cup chopped onion, 1/4 teaspoon each salt, pepper, 1 clove garlic, chilies and cumin in food processor or blender. Process until smooth. Spoon black bean mixture into the other side of the bowl with the white bean mixture. Sprinkle Cheddar cheese and green onions evenly over 2 bean dips, leaving a dividing line. Serve with garlic pita chips. Serves 12.

NOTE: For the football or other ball games season. If it seems bland to you, increase the cumin and add some ground chili pepper.

GINNY'S PARTY MIX

Shaella Holtman

2 C. vegetable oil	Whole box corn chex, rice chex (large boxes), small box Cheerios
2 T. Worcestershire sauce	1 bag pretzels (sticks or small)
1 T. garlic powder, shake on	1 bag Spanish peanuts
1 T. seasoning salt	

Mix vegetable oil, Worcestershire sauce, seasoning salt, and garlic powder last. Pour over cereal, pretzels, and peanuts. Bake in roaster at 225° for 2 hours, stir every 15 minutes.

PICO DE GALLO

Cynthia Lidtke

2 medium tomatoes, diced
small
1/2 or 1 fresh Serrano or
jalapeno pepper, boiled
then minced

1 small onion, chopped
1/2 bunch fresh cilantro, chopped
Salt and pepper to taste

Mix together all ingredients. Vary the amount of cilantro or pepper to taste.

PIE PLATE SNACK

Mary Jo Banwart

8 oz. cream cheese
2 T. milk
1/4 C. chopped green pepper
2 T. dried onion

1 deli pkg. dried beef, chopped
1/4 tsp. garlic powder
1/4 tsp. pepper
1/2 C. sour cream

TOPPING:

1/2 C. pecans, coarsely chopped 1/2 tsp. salt
2 T. margarine

Cream milk and cream cheese. Add green pepper, onion, dried beef, garlic powder, and pepper. Mix on low; fold in sour cream. Put in an 8" glass pie plate. Mix together pecans, margarine and salt. Heat until margarine is melted. Sprinkle over top of dip. Bake at 350° for 20 minutes. Serve with crackers. This freezes well. Microwave on 75% power for approximately 5 minutes before serving.

REUBEN DIP

Scott and Susan Grotewold

16 oz. can sauerkraut; drained
1/4 C. sour cream
3 oz. cream cheese

8 oz. shredded Swiss cheese
2 pkgs. (5 oz. total) dried corned
beef

Mix all ingredients. Heat thoroughly in crock pot. Serve with cocktail rye bread.

SAM'S SALAMI FINGERS

Deborah Blaedel

- | | |
|---------------------------------|---|
| 1/2 lb. creamed cottage cheese | 1/2 tsp. salt |
| 1/2 lb. cream cheese | Dash Tabasco sauce |
| 1/2 tsp. parsley, finely minced | 3/4 tsp. milk |
| 1 clove garlic, finely minced | 3/4 lb. cooked Italian salami,
sliced very thin so it can be
rolled |

Mix ingredients and add enough milk to make fairly thick paste. Spread on salami and roll. Refrigerate. Serves 12.

NOTE: This recipe is from Deborah's brother-in-law, Sam Abt, who lives in Paris France, and covers the Tour de France bicycle race for the International Herald Tribune.

SALMON BALLS

Sherry Davidson

- | | |
|----------------------------|------------------------------|
| 1-6 oz. can pink salmon | 1 egg |
| packed in water, drained | 1/4 C. onion, chopped finely |
| 10 to 15 saltines, crushed | Salt and pepper to taste |

Mix salmon, saltines, egg, onion, salt and pepper together. Form into small bite size balls. Bake on lightly greased baking sheet in 350° oven for 15 to 20 minutes. Turn after 10 minutes. Makes about 19 balls. Stick toothpick into balls. Can be served with honey mustard sauce, sweet and sour sauce, tartar sauce, or with chunks of pineapple.

SPINACH AND CHEESE SQUARES

Scott and
Susan Grotewold

- | | |
|----------------|---------------------------------------|
| 1/4 lb. butter | 1 tsp. salt |
| 3 eggs | 1 tsp. baking powder |
| 1 C. flour | 1 lb. Monterey Jack cheese,
cheese |
| 1 C. milk | 4 C. chopped fresh spinach |

Melt butter in 9x13" pan. Beat eggs. Add flour, milk, salt and baking powder. Mix. Add cheese and spinach. Mix well. Spread into pan. Bake at 350° for 35 minutes. Cool 30 minutes, cut into squares.

STUFFED MUSHROOMS

Natalie Rekemeyer

1 lb. fresh mushrooms	1 tsp. oregano
3 shallots, chopped	1 tsp. basil
1 T. margarine	12 slices crisp bacon, crumbled
1/2 C. sour cream	1-3 oz. can chopped ripe olives
1-8 oz. pkg. cream cheese	Parsley flakes

Wash mushrooms. Remove stems from caps. Arrange caps upside on 9x13" microwavable dish. Set aside. Chop up stems finely. Mix stems, shallots and margarine in microwavable bowl. Microwave at medium high for 3 minutes or until shallots are tender. Stir in sour cream and cream cheese. Microwave at medium high or until cream cheese softens. Stir in bacon, ripe olives, oregano and basil. Fill caps and garnish with parsley flakes. Before serving, microwave at medium high for 5 to 7 minutes.

TZATZIKI

Deborah Blaedel

1 small clove garlic	2 tsp. wine vinegar
1 tsp. salt	1/2 C. vegetable oil
1 1/2 C. plain yogurt	1 tsp. dill
1 long, large cucumber, seedless or 2 regular cucumbers peeled	

In a bowl, mash garlic in salt until garlic appears to dissolve. Blend in yogurt. Chop cucumber fine, drain well and mix into yogurt. Stir in vinegar and slowly add as much of the oil as yogurt will absorb. Sprinkle with dill and chill.

NOTE: This recipe is from the Delphi Restaurant in Athens. It is great served with crusty white bread or with gyros meat in a pita.

I am an idealist, I don't know where I'm going, but I'm on my way.

CHEESE OLIVE TARTS

Marian Heady

2 C. finely grated sharp Cheddar cheese	1/4 tsp. Tabasco sauce
1/2 C. soft oleo or butter	1/2 tsp. salt, scant
1 C sift flour	1/2 tsp. paprika
	36 or more small stuffed green olives

Blend cheese and butter or oleo. Stir in remaining ingredients except olives. Wrap 1 teaspoon dough around each olive covering completely. Arrange on baking sheet and freeze solid. Repack by putting in freezer bags. When ready to use, spread out on baking sheet and bake at 400° 10 to 15 minutes. Serve hot.

SPINACH BALLS

Sherry Davidson

2-10 oz. pkgs. frozen chopped spinach, cooked and drained	1/3 C. melted butter
1 large onion, minced	3 C. herbed stuffing mix
6 beaten eggs	1 T. garlic
1/4 C. grated Parmesan cheese	1 tsp. pepper
1/2 C. grated Cheddar cheese	Cayenne pepper to taste

Combine all ingredients and place in refrigerator to chill. Remove and form into 1" balls and place on greased cookie sheet and freeze. Transfer to plastic bag and keep frozen. Use as many as needed and bake on greased cookie sheet in 350° oven for 20 to 25 minutes.

NOTE: Sherry received this recipe from Evelyn Kessler who is an excellent hostess and cook.

The past cannot be changed, the future is still in your power.

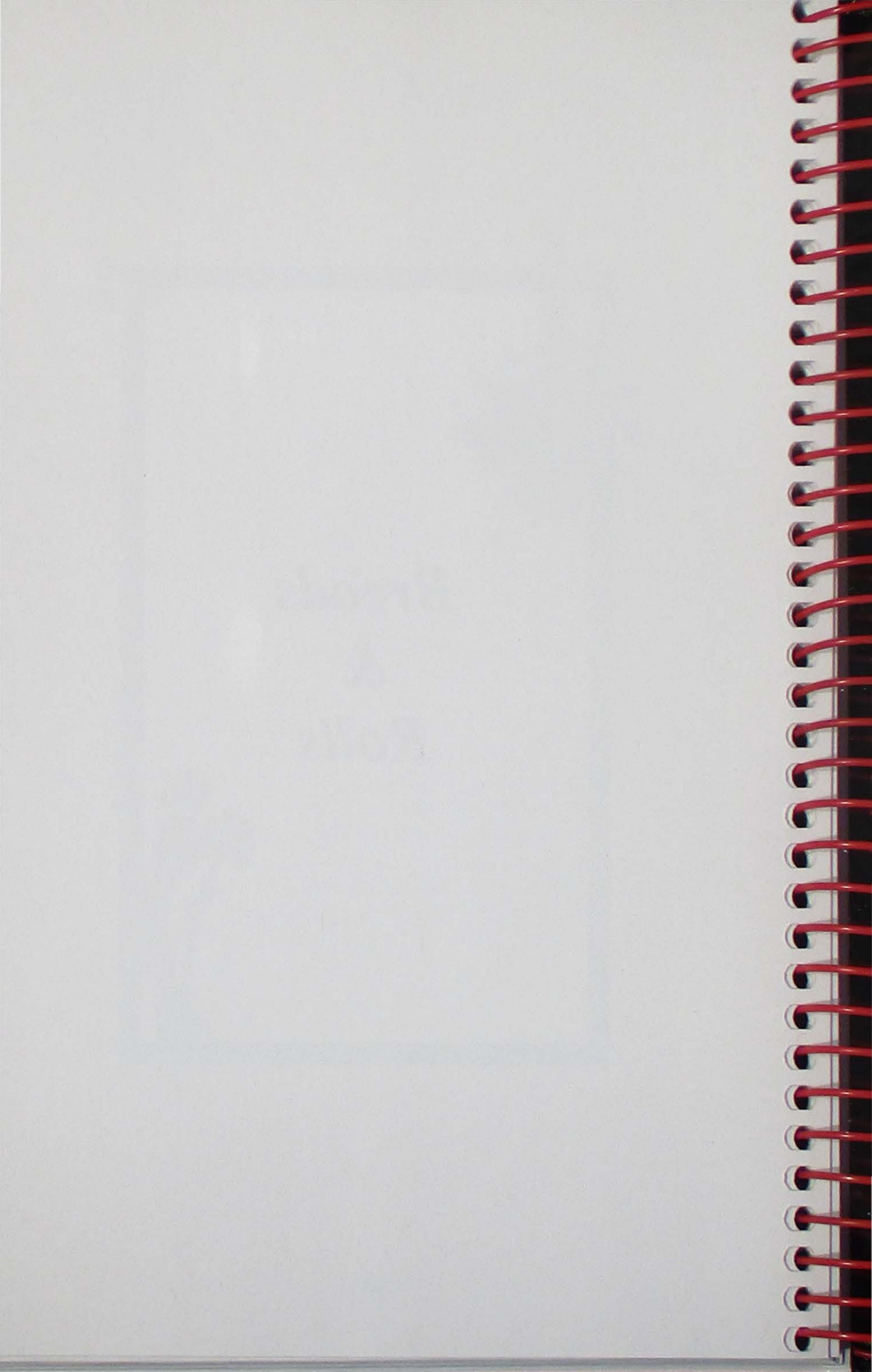


Notes



*Breads
&
Rolls*





BANANA BREAD

Dorothy Sielert*

2 1/2 C. sugar	1 tsp. allspice
3 eggs	1 tsp. baking powder
3/4 C. oil	1/4 tsp. salt
3 C. flour	1 tsp. baking soda
3 tsp. cinnamon	1 C. chopped pecans
3 C. mashed bananas	

Mash ripe bananas. Cream eggs, sugar and oil. Sift dry ingredients. Combine all ingredients. Bake at 350° approximately 1 hour. Makes 3 medium and 3 mini loaves.

GRANDMA'S BEST BANANA BREAD

Dolores Brown

1/2 to 3/4 C. sugar	3 tsp. baking powder
2 large eggs, whites only	1/4 C. skim milk
3 very ripe bananas, mashed	1/2 C. raisins
2 C. flour	1/4 C. chopped nuts

Mix all ingredients together well until smooth. Pour into non-stick or lightly greased pan. Bake approximately 1 hour at 350°.

BANANA BREAD

Margy Howe

3 C. whole wheat flour	2 tsp. baking soda
2 C. sugar	1 tsp. salt
2 C. mashed bananas (about 5)	1/2 tsp. baking powder
1/2 C. coarsely chopped nuts	4 eggs
2/3 C. vegetable oil	

Beat all ingredients in large bowl at low speed 30 seconds. Beat at medium speed 45 seconds, scraping bowl frequently. Pour into greased, bottoms only, loaf pans. Bake 50 to 60 minutes or until toothpick inserted halfway between center and edge comes out clean. Cool 10 minutes. Loosen sides of loaves from pans; remove from pans. Cool completely before slicing.

BARM BRACK OR TEA BRACK

Gillian Murphy Putnam*

Soak overnight:

1 lb. golden raisins

1 lb. dark raisins

1 lb. brown sugar

3 C. hot black tea (I use 2 Lipton tea bags)

Stir together:

1 lb. flour (4 C.)

3 tsp. allspice

3 tsp. baking powder

Add dry ingredients alternately with 3 beaten eggs. Put into 3 to 4 prepared loaf pans. Bake at 300° for 60 to 70 minutes. Test with toothpick. Cool for 5 minutes and remove from pans. Brack is a form of cake and should be served with many cups of hot, strong tea. Bracks are ideal for freezing and may be stored in refrigerator for up to 3 weeks. NOTE: In Ireland certain foods are associated with traditional times of festivity. In the case of Halloween barm brack, it is served in almost every household. Put a ring, wrapped in foil into the brack. The person who receives the ring in a slice of brack is supposed to have good luck for the rest of his or her life.

BRAN MUFFINS BY THE PAILFUL

Bette Coulson

4 C. All-Bran

2 C. 100% Bran

1 tsp. salt

2 C. boiling water

1 qt. buttermilk

3 C. sugar

1 C. shortening

4 eggs

5 C. pre-sifted flour

5 tsp. soda

Combine brans and salt. Stir in boiling water, then buttermilk. Cool to lukewarm. In a mixing bowl, cream together the sugar and shortening. Add eggs, 1 at a time, beating well after each. Stir into bran mixture. Combine flour and soda. Add to bran and stir just enough to dampen dry ingredients. Store batter in refrigerator until ready to use. It will keep 4 weeks or longer. When ready to use, preheat oven to 375°. Bake 20 to 25 minutes or until done.

CHRISTMAS BREAD (STOLLEN)

Kris Meinhard

1 pkg. yeast	1/2 tsp. salt
1 C. warm milk	1 C. flour
1/4 C. sugar	

Mix together the ingredients above, and let rise until double.

Add:

2 eggs well beaten	1 C. raisin
1 tsp. grated lemon peel	4 C. flour
2/3 C. oil	1 tsp. cinnamon
1/2 C. mixed candied fruit	

Knead and let rise. Shape into 3 loaves. Roll each loaf into circle about 3/4" thick. Fold in half as for an omelet. Place on greased cookie sheet. Let rise 2 hours. Bake in 375° oven for 30 minutes. Frost with powdered sugar frosting.

NOTE: This recipe is from Doug's Grandma Rose.

MOM'S CASSEROLE BREAD

Deborah Blaedel

2 C. milk	2 C. water
3 T. Crisco	4 pkg. (1/4 oz.) yeast
2 T. salt	9 C. all-purpose flour
6 T. sugar	Butter

Scald the milk and add Crisco. Let stand until Crisco is melted. Mix salt and sugar in a large mixing bowl. Add milk mixture. Heat water to 115°, lukewarm, and dissolve the yeast into water. Add to mixture. Stir to mix well and dissolve sugar and salt. Add 9 cups all-purpose flour. Stir with wooden spoon for approximately 2 minutes or until flour is mixed in. Cover with towel and let rise in warm place for 40 to 60 minutes. Will increase 2 times in bulk. Stir dough down and back and forth for 1 to 2 minutes. Turn out into well greased 3-quart round casserole dish. Smooth top with wet hands. Bake at 360° for 1 hour. As soon as bread comes out of oven to rub with the end of a stick of butter over the top. Let stand minutes before turning out of casserole dish. Cool before cutting.

NOTE: Best fresh and warm. Day old or older, it is best toasted. The recipe can be made in 1 1/2-quart casserole dish if you half the recipe.

FLAT BREAD

Ann Herriott

Combine:

1 C. warm water 2 1/4 tsp. dry yeast

Stir. Let water yeast mixture stand 3 to 5 minutes.

Add and beat well:

1 1/2 C. flour 1 T. oil

1 tsp. salt

Add and mix:

1 1/2 C. flour

Let dough rest 5 minutes. Knead. Turn into clean, oiled bowl. Cover with a clean towel. Let rise until doubled. Divide so it will make 2 loaves. Roll or flatten into greased 8" layer cake pans or onto cookie sheet or pizza pan. Brush with milk, sprinkle with sesame seeds, optional. Let rise until almost doubled. Bake at 425° 18 to 20 minutes. Reheat when using.

NOTE: Original recipe used white flour. I used 1/2 unbleached flour, 1/2 whole wheat flour, and 1/4 cup wheat bran.

HERB BREAD

Natalie Rekemeyer

1 loaf French bread

2 tsp. lemon juice

1/2 lb. softened margarine
or butter

1 T. poppy seed

2 T. grated onion

1 tsp. Beau Monde seasoning,
Spice Island brand, optional

1 tsp. mustard

1 pkg. Swiss cheese slices

Cut bread into slices, and put together on pieces of aluminum foil large enough to wrap around loaf. Mix margarine, onion, mustard, lemon juice, poppy seed, and Beau Monde seasoning together. Spread mixture between each cut. Put a 1/2 slice of Swiss cheese between each slice. Fold aluminum foil around loaf, and bake at 350° for about 20 minutes, or until cheese is melted.

NOTE: This recipe was from Natalie's great aunts Joyce Patten and June Bowers.

HOBO BREAD

Lucy Duitscher

1 1/2 C. raisins	1 egg
2 tsp. baking soda	2 C. flour
1 C. boiling water	Pinch of salt
3 T. shortening	1/2 C. nuts
1 C. sugar	

Mix together raisins, baking soda and water. Let stand until cool. Cream shortening, sugar and egg together. Add the raisins, flour, salt and nuts to the shortening, sugar and egg mixture. Pour into well greased and floured soup cans. Fill only 3/4 full. Bake for 45 to 60 minutes at 325°.

*There is a saying I recall
that helped me as a child.
It seemed to be a recipe
for anything worthwhile.
Only the best is good enough
the wise have found it true.
For when you give the best
the best returns to you.*

HOUSKA

Deborah Blaedel

1 C. milk	3 C. flour
3/4 C. lard	1 C. raisins
1 C. sugar	Lemon rind from 1 large lemon
1 1/2 tsp. salt	2 1/2 C. flour and more as needed
2 pkgs. dry yeast	1 egg yolk
1/4 C. lukewarm water	1 T. milk
2 whole eggs + 1 egg white, beaten	

Scald milk in a small saucepan. Stir in lard, sugar, and salt. In large bowl, sprinkle yeast onto lukewarm water and stir until dissolved. Stir in lukewarm milk mixture, beaten eggs, and 3 cups of flour. Beat until smooth. Stir in raisins, lemon rind, and 2 1/2 cups flour or enough to make a stiff dough. Knead on lightly floured surface until smooth, approximately 5 minutes. Place in a greased bowl. Let rise 1 1/4 hours in warm place until dent remains when finger is pressed deep. Punch down dough and shape as follows: divide dough in half. Divide 1/2 into 3 pieces. Roll each piece into an 18" strip. Place strips 1" apart on greased cookie sheet. Braid toward each end beginning in middle, tucking ends under. Press down slightly. Divide 2/3 of remaining dough into 3 pieces, and braid another 18" strip. Place on top of first braid, again tucking ends under. Press down gently in center of top braid. Form remaining dough into 2 balls and twist loosely, and place on top of second braid, tucking ends under. Whisk egg yolk and milk together and brush lightly over braided loaf. Secure with toothpicks to keep top twist from uncoiling as it bakes. Let rise 1 hour or until doubled in warm place. Bake in 350° oven for 45 minutes, covering loosely with foil after 1/2 hour. Remove toothpicks and loosen from pan with spatula.

NOTE: This recipe is a Czech Christmas bread like the one made by Deborah's Grandma Soucek. Deborah has made it for her family every year for over 30 years.

Nothing is work unless you'd rather be doing something else.

LEMON BREAD

Laura Shanks

1/3 C. canola oil	1/2 C. milk
1 tsp. baking powder	1/4 tsp. almond extract
1 C. sugar	1 T. grated lemon peel
1/2 tsp. salt	1 1/2 C. flour
4 egg whites beaten	

Topping:

1/4 C. sugar	3 T. fresh lemon juice
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Blend oil, sugar. Mix in egg whites. Add extract. Add dry ingredients and milk alternately. Blend just to mix. Bake in oven at 325° about 70 minutes. Mix lemon juice and sugar. Immediately spoon over hot loaf. Cool 10 minutes and remove from pan. Cool on rack and wait 24 hours to cut.

OATMEAL BREAD

Natalie Rekemeyer

2 C. boiling water	2/3 C. brown sugar
1 1/3 C. oatmeal	1 pkg. yeast
1 T. salt	1 C. warm water
2 to 3 T. butter	6 C. flour or more

Pour boiling water over oatmeal. Add salt and shortening. When cool, add brown sugar and yeast dissolved in warm water. Add flour. Knead 10 minutes. Let rise, about 1 1/2 hours. Push down. Repeat rise, about 1 hour. Shape into 2 loaves. Let rise until double. Bake at 350° for 20 to 30 minutes.

NOTE: This recipe is from Marie Smith, Dan Rekemeyer's grandma.

Believe in yourself and what others think won't matter.

POPPY SEED BREAD

Sue Scott

2 C. flour	1 1/2 C. sugar
1 tsp. salt	1 C. milk
1 tsp. baking powder	1 T. poppy seed
2 eggs	1 tsp. vanilla
3/4 C. oil	1 tsp. almond extract
1 1/2 C. oil	1 tsp. butter flavoring

Mix all ingredients together. Beat 2 minutes. Bake in greased and floured bread pans for 1 hour or a little more at 350°. Remove from pans and brush all sides with glaze.

GLAZE:

1/2 C. sugar	1/2 tsp. butter extract
1/4 C. orange juice	1/2 tsp. almond extract
1/2 tsp. vanilla	

Mix together and brush over the bread. Makes 1 large loaf 5x9" or two 4x7" loaves. Freezes well.

PUMPKIN BREAD

Natalie Rekemeyer

3 1/2 C. flour	3 C. sugar
2 tsp. baking soda	1 C. vegetable oil
1 1/2 tsp. salt	4 eggs
1 tsp. cinnamon	2/3 C. water
1 tsp. nutmeg	1 can pumpkin #2 size

Put all dry ingredients together. Sift together. Add water, oil, egg, and pumpkin. Bake at 350° for 55 minutes. Makes 3 loaves.

NOTE: Natalie's Great Grandma Ellwange made this for Thanksgiving and Christmas.

PUMPKIN BREAD

Margy Howe

2/3 C. vegetable oil	1/2 tsp. baking powder
3 C. sugar	2 tsp. soda
4 eggs	1 tsp. cinnamon
2 C. canned pumpkin	1 tsp. nutmeg
3 1/2 C. flour	2/3 C. water
1 1/2 tsp. salt	

Mix all ingredients. Put in 2 greased loaf pans. Bake at 375° for 45 minutes. Then reduce heat to 350° and bake 15 minutes more until done.

SCONES

Jane R. Jacobson

1 3/4 C. flour	5 T. butter or margarine
1/3 C. sugar	2/3 C. milk or buttermilk
1/2 T. baking powder	1/2 C. dried fruit (raisins, currants,
Dash of cinnamon	cranberries), optional

In large bowl of electric mixer combine flour, sugar, baking powder and cinnamon or other spice. With mixer running on low speed add the butter or margarine 1 tablespoon at a time. Continue mixing until ingredients resemble corn meal. Gradually add milk or other liquid. Beat until smooth. Stir in dried fruit, if desired. Preheat oven to 425°. Lightly grease cookie sheet. Drop generous spoonfuls of dough onto the prepared sheet. Should make 9 to 15 scones depending on size. Bake 10 to 12 minutes. Remove from cookie sheet to wire rack to cool. **ALTERNATIVE BAKING OPTION:** Grease 8 or 9" round cake pan. Spread dough to fill pan. Bake 18 to 20 minutes. Let cool in pan 2 to 3 minutes, and then remove to cool on wire rack. This is a very flexible recipe. Alternative liquids I have tried are skim milk, buttermilk, and eggnog. Additional spices include shredded orange or lemon peel, nutmeg, and cardamom. Enjoy!

NOTE: I originally received this recipe from Anna Blaedel who received it from her aunt.

TEDDY BEAR BREAD

Julie Schubert

3/4 C. honey	1 3/4 C. milk
1 tsp. salt	1 C. butter or margarine
2 pkgs. yeast	2 eggs
4 C. whole wheat flour	1 T. water
4 C. all-purpose flour	

In large mixing bowl, combine salt, yeast, 2 cup whole wheat flour and 1 cup all-purpose flour. In saucepan over low heat, heat milk, butter and honey until warm, 120 to 130°. Gradually beat in liquid into dry mixture with electric mixer on low speed. At medium speed, beat 2 minutes, scraping sides of bowl. Reserving 1 egg white, beat in eggs. Stir in remaining whole wheat flour and about 2 1/2 cup all-purpose flour with wooden spoon to make a soft dough. Knead on lightly floured surface until smooth and elastic, adding more flour if needed. Shape dough into ball and place in greased bowl, turning to grease whole surface of dough. Cover and let rise in warm place until doubled. About 1 hour. Punch down and turn onto lightly flour surface. Cover and let rest for 15 minutes. Grease 2 cookie sheets. Combine egg white with water in cup. Divide dough into 3 balls. Cut 1 ball in half. Shape 1 half into a large ball for the body. Place on greased cookie sheet and flatten slightly. Cut remaining half into half again. Shape 1 piece into small ball and brush 1 side with egg white mixture. Put the small ball with the egg white side next to the large ball on cookie sheet to make the bear's head. Roll remaining piece into 6" rope. Cut 2" for snout, pinch small piece for nose. Brush bottoms with egg white mixture and place egg white side on head. Then place the nose on the snout. Cut two 1/2" pieces for ears and cut 4 1" pieces for legs. Tuck ears, arms and legs onto bear using egg white mixture. With tip of scissors, make belly button in center of body. Repeat with remaining dough to make 2 more bears. Cover and let rise until doubled, about 1 hour. Gently brush bears with rest of egg white mixture. Bake in 375° oven for 15 minutes on 2 racks. Then switch cookie sheets and bake 10 minutes longer or until brown and bears sound hollow when tapped. Remove and let cool on wire racks.

NOTE: This is in honor of my mother, Imogene (Fox) Schubert of Britt, IA. She would give this bear to friends, neighbors, relatives and church members to celebrate their babies' births or baptisms, adding a pink or blue ribbon as appropriate. Once someone wanted to borrow her 'bear pan' not realizing the bear were assembled by hand and not baked in a mold. I admit that I have not used this recipe.

COFFEE CAKE

Natalie Rekemeyer

1 loaf frozen dough, thawed	Plums, cooked
Sour cream	Sugar
Apples	Cinnamon or nutmeg
Prunes	

Flatten dough on large pizza pan. Form an edge around side. Let rise. Spread a layer of sour cream. Then add layers of apples sliced very thin if fresh, prunes, plums. Sprinkle with sugar. Add another layer of sour cream. Sprinkle with cinnamon or nutmeg. Bake at 375° for 20 minutes.

NOTE: Natalie's Great Grandmother Ellwange gave her this recipe.

YEAST ROLLS

Ann Herriott

Mix together:

1/4 C. warm water	1 pkg. yeast
-------------------	--------------

Add:

1 C. warm milk

Add and beat:

3 T. sugar	1 beaten egg
------------	--------------

Add and beat:

2 C. flour	3 T. oil
------------	----------

1 1/2 tsp. salt

Add:

1 1/2 to 2 C. flour

Let rest 5 minutes. Let rise once or twice. Punch down and shape into rolls. Bake at 375°. 2 dozen fan tans or 3 dozen crescents.

ZUCCHINI BREAD

Margy Howe

1/2 C. oil	2 eggs
1 1/2 C. flour	3/4 tsp. soda
1 C. sugar	1 C. zucchini, peeled and grated
1 1/2 T. cinnamon	1/4 tsp. baking powder

Mix oil, sugar, cinnamon and eggs. Beat. Add to the zucchini. Sift together flour, soda and baking powder. Add to the zucchini mixture. Bake at 325° for 1 hour. Makes two 8x4" loaves.

*I cannot bear to throw away
the recipes I find.
For casseroles and cakes and pies
and meals of every kind.
And so I throw them in a box
or cram them in a book.
BUT as the years go by
I don't give them a second look!*



Miscellaneous





BARBEQUE SAUCE FOR RIBS, CHICKEN, ETC.

Bette Coulson

- | | |
|---------------------------|-----------------------|
| 1 T. soy sauce | 6 drops Tabasco sauce |
| 1 T. vinegar | 1 T. sugar |
| 1/4 C. A-1 sauce | 1/4 C. catsup |
| 1 T. Worcestershire sauce | |

Mix together all ingredients. This will keep indefinitely in the refrigerator. You can add a bit of liquid smoke for more flavor if you want to.

MUSTARD RING

Natalie Rekemeyer

- | | |
|---------------------------|----------------|
| 4 eggs, beaten | 1/2 C. vinegar |
| 3/4 C. sugar | 1/2 C. water |
| 3 T. dry mustard | 1/2 tsp. salt |
| 1 pkg. unflavored gelatin | |

Mix egg and dry mustard in saucepan. Sprinkle gelatin over mixture. Add vinegar, water and salt. Cook until it thickens. Let cool. Fold in 1/2 cup heavy cream. Pour into mold and refrigerate. Make a day in advance. Serve with warm or cold ham.

PEANUT BUTTER FUDGE

Emily Ball

- | | |
|-----------------------|-----------------------------|
| 1 can evaporated milk | 12 oz. smooth peanut butter |
| 4 C. sugar | 9 oz. jar marshmallow crème |
| 1 stick butter | |

Mix evaporated milk, sugar and butter in saucepan and boil for 10 minutes, stirring often. Add peanut butter and marshmallow crème. Mix until well blended. Pour into a buttered 9x13" pan and refrigerate until firm.

SPICED PECANS

Mary Grimes-Dolling*

2 T. cold water	1/4 tsp. cloves
1 slightly beaten egg white	1/4 tsp. allspice
1/2 C. sugar	1/4 tsp. salt
1/4 tsp. cinnamon	1 lb. (2 C.) pecans or walnuts

Add water to egg whites and mix with spices and sugar. Let stand for 15 minutes. Mix thoroughly with pecans on well greased cookie sheets. Bake at 250° for 1 hour, or until golden brown, may be less time, so check. Stir and store. Long keepers in metal containers.

BUTTERMILK PANCAKES

Jane Woline

1 C. flour	1 egg
1 T. sugar	1 C. buttermilk, more if desired
1/2 tsp. salt	2 T. butter, melted
1/2 tsp. soda	

Sift together dry ingredients. Beat egg in medium bowl. Blend in buttermilk. Add dry ingredients, beating until smooth. Blend in melted butter. Add up to 1/4 cup more buttermilk for thinner pancakes. Cook on lightly oiled griddle or frying pan.

SCRAMBLED FRENCH TOAST

Dolores Brown

6 slices bread, including crusts	Salt and pepper
2 eggs, beaten	2 T. butter, oil or drippings
1/2 C. milk	

Cut bread into 1/2" cubes. Combine eggs, milk, salt and pepper. Pour over bread cubes and toss lightly. Heat butter in large skillet. Add bread crumb mixture, spreading into an even layer. When set and browned, turn and brown other side. Serve immediately with syrup or jam. Serves 4.

POPCYCLES

Stephanie, Andrea,
Ethan Holtman

In a 2-quart pitcher put:

1 pkg. Jell-O	2 C. hot water
1 pkg. Kool-Aid	1 C. sugar

Shake to mix and add 2 cups cold water. Pour into ice cubes and freeze.
Makes 20.

OVEN CARAMEL CORN

Lois Dreeszen

2 C. brown sugar	1/2 tsp. soda
1/2 lb. butter or oleo	1 tsp. butter flavoring
1/2 C. white corn syrup	1 tsp. burnt sugar flavoring
1 tsp. salt	

Pop about 1 dishpan of popcorn. Sort out old maids. Combine sugar, margarine, syrup and salt. Boil 5 minutes. Stir in flavorings and soda. Pour immediately over popped corn. Put in 1 or 2 large pans and place in 250° over for 1 hour. Stir every 15 minutes. Cool. Can add peanuts just before putting into the oven. Store in tightly covered container.

STICKY POPCORN

Margy Howe

2 qts. popped corn	1 1/3 C. sugar
1 1/3 C. pecans	1 C. margarine
2/3 C. almonds	1 tsp. vanilla
1/2 C. corn syrup	

Bring sugar, margarine and syrup to a boil. Stir constantly. Boil 10 to 15 minutes. Mixture will turn light caramel color. Remove from heat, add vanilla and pour over popped corn and nuts. Mix well.

*Be patient with the faults of others,
they have to be patient with yours.*

REFRIGERATOR BREAD AND BUTTER PICKLES

Ruth Provow

Cucumbers
1 green pepper

1 onion

Cut and pack in jars.

Boil together:

2 C. sugar
1 C. vinegar

1 T. mustard seed
1 T. salt

Pour hot brine over pickles and store in refrigerator. Will keep for months. The brine can be used a second time.

REFRIGERATOR CUCUMERS OR ZUCCHINI

Ruby Buck

7 C. cucumbers or zucchini,
sliced thin

1 C. green pepper, in strips
1 T. salt

2 C. sliced onions

Cover vegetables with cold water and salt. Let stand 1 to 6 hours, can let stand overnight. Rinse well; drain in colander. Put in large bowl and pour the following dressing over. Mix well and keep in the refrigerator.

Dressing:

1 tsp. celery seed
2 C. sugar

1 C. vinegar

Mix well and pour over vegetables.

LEMONADE

Jane R. Jacobson

6 1/2 C. water
1 C. lemon juice

1 C. sugar

Stir sugar into water until it dissolves. Add lemon juice. Chill. Yields 2 quarts.

NOTE: For stronger flavor, reduce water to 48 ounces and add a twist of lime juice. This was a favorite beverage for Wesley Foundation Sunday Suppers.

FUNERAL PUNCH

Pineapple juice

7-Up or lemon-lime soda

Put ice in pitcher. Cover ice with pineapple juice, about 1/3 of pitcher. Fill with soda. Stir before serving. You can use grapefruit juice which is good but the standard recipe is the pineapple juice. This has been served at many funerals and people always ask for the recipe. It is tart and refreshing.

RED FRUIT SLUSH OPEN HOUSE PUNCH

Scott and Susan Grotewold

Mix together:

1 small can (6 oz.) frozen
lemonade, thawed

1 small can (6 oz.) frozen
pineapple juice, thawed

1 small can (6 oz.) frozen orange
juice, thawed

1/2 C. sugar

3 qts. red Hawaiian Punch, fruit
punch

Freeze mixture, stirring every 8 hours until frozen.

Just before serving, stir in:

1 liter club soda

2 liters ginger ale

LIB HALL'S PUNCH

Deborah Blaedel

3 small boxes Jell-O
(2 lemon, 1 orange)

3 1/2 C. sugar

Juice of 1 lemon

4 1/2 qts. of boiling water

3-46 oz. cans juice (1 pineapple,
1 orange and the equivalent of
1 in lemon Kool-Aid)

3 qts. ginger ale

Boil water. Pour in Jell-O and sugar. Mix. Put in containers and freeze. Take out of freezer 3 hours before serving or 8 hours in refrigerator. Chop up until slushy. Add 3 quarts of ginger ale.

NOTE: This recipe comes from Mark and Deborah's former church, Haymount United Methodist, in Fayetteville, North Carolina. It makes 100 cups. It was served at both Anna and Emily's high school graduation parties and was delicious.

VEGGIE SALSA

Scott and Susan Grotewold

Mix together:

- | | |
|---------------------------------|--------------------------|
| 4 tomatoes, chopped | 2 stalks celery, chopped |
| 2 large yellow chilies, chopped | 1 T. salt |
| 1 cucumber, chopped | 2 T. minced garlic |
| 1 large onion, chopped | 1 tsp. MSG |
| 1 bell pepper, chopped | 3 T. vinegar |
| 1 carrot, grated | |

Keeps several days.

BEEF AND CHEESE DOG TREATS

Suzanne Davidson

- | | |
|--------------------|------------------------------|
| 1 C. quick oats | 3 beef bouillon cubes |
| 1/2 C. margarine | 1/2 C. milk |
| 1 C. boiling water | 1 C. shredded Cheddar cheese |
| 3/4 C. cornmeal | 1 egg, beaten |
| 1 tsp. brown sugar | 3 C. whole wheat flour |

Preheat oven to 325°. Mix all the ingredients except the flour in a large bowl. Mix well. Add flour 1 cup at a time, until dough is stiff. Knead until dough is no longer sticky. Adding flour if necessary. At this time you have to decide how big to make the treats. Making them for larger dogs is easier. You just form a long tube and slice, then squeeze in the middle of the slice to form a bone. For smaller dogs, you do the same except the tube and the slices are smaller. For our Chihuahua, I just make them in button size balls. For the bones for the larger and medium sized dogs, bake for 35 to 45 minutes. For the buttons for extra small dogs, bake for about 25 minutes or until hard.

HOMEMADE PLAY DOUGH

Ethan Holtman

- | | |
|----------------|--------------------|
| 2 1/2 C. flour | 2 C. boiling water |
| 1/2 C. salt | 3 T. corn oil |
| 1 T. alum | Food coloring |

Combine flour, salt and alum. Mix with boiling water. Add oil and mix well. Divide into balls as desired and add food coloring to make different colors. Keep covered when not in use and the children will have nice play dough for a long time.



"HOUSEHOLD HINTS"

Tips to remedy this or
that in the household

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COMMON KITCHEN PANS TO USE

WHEN THE RECIPE CALLS FOR:

4-cup baking dish:

9-inch pie plate

8 x 1 1/4-inch layer cake pan - C

7 3/8 x 3 5/8 x 2 1/4-inch loaf pan - A

6-cup baking dish:

8 or 9 x 1 1/2-inch layer-cake pan - C

10-inch pie plate

8 1/2 x 3 5/8 x 2 5/8-inch loaf pan - A

8-cup baking dish:

8 x 8 x 2-inch square pan - D

11 x 7 x 1 1/2-inch baking pan

9 x 5 x 3-inch loaf pan - A

10-cup baking dish:

9 x 9 x 2-inch square pan

11 3/4 x 7 1/2 x 1 3/4-inch baking pan - D

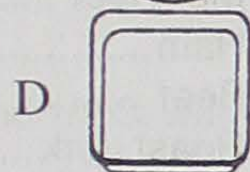
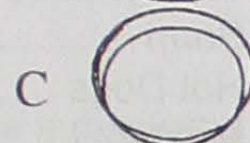
15 x 10 x 1-inch jellyroll pan

12-cup baking dish or over:

12 1/3 x 8 1/2 x 2-inch glass baking pan -

13 x 9 x 2-inch metal baking pan -

14 x 10 1/2 x 2 1/2-inch roasting -



TOTAL VOLUME OF VARIOUS SPECIAL BAKING PANS

Tube Pans:

7 1/2 x 3-inch "Bundt" tube - K -

6 cups

9 x 3 1/2-inch fancy tube or "Bundt" pan-J or K-

9 cups

9 x 3 1/2-inch angel cake pan - H -

12 cups

10 x 3 3/4-inch "Bundt" or "Crownburst" pan-K-

12 cups

9 x 3 1/2-inch fancy tube - J -

12 cups

10 x 4-inch fancy tube mold (kugelhupf)-J-

16 cups

10 x 4-inch angel cake pan - H -

18 cups

Spring-Form Pans:

8 x 3-inch pan - B -

12 cups

9 x 3-inch pan - B -

16 cups

Ring Mold:

8 1/2 x 2 1/4-inch mold - E -

4 1/2 cups

9 1/4 x 2 3/4-inch mold - E -

8 cups

Charlotte Mold:

6 x 4 1/4-inch mold - G -

7 1/2 cups

Brioche Pan:

9 1/2 x 3 1/4-inch pan - F -

8 cups

QUANTITIES TO SERVE 100 PEOPLE

Coffee	3 lbs.	Rolls	200
Cream	3 qts.	Butter	3 lbs.
Whipping cream	4 pts.	Potato salad	3 1/2 to 4 gals.
Milk	6 gallons	Fruit salad	20 qts.
Fruit cocktail	2 1/2 gallons	Vegetable salad	20 qts.
Fruit juice	4 #10 cans	Lettuce	16 lg. heads
Tomato juice	4 #10 cans	Salad dressing	3 qts.
Soup	5 gallons	Jello	2 1/2 qts.
Hot Dogs	25 lbs.	Pies	18
Meat loaf	18 to 22 lbs.	Cakes	8
Ham	40 lbs.	Ice Cream	4 gallons
Beef	40 lbs.	Cheese	3 lbs.
Roast pork	40 lbs.	Olives	1 3/4 lbs.
Hamburger	30 to 36 lbs.	Pickles	2 qts.
Chicken for chicken pie	40 lbs.	Nuts	3 lbs.
Potatoes	35 lbs.		
Scalloped potatoes	4 gals.		
Spaghetti	5 gals.		
Vegetables	4 #10 cans		
Baked beans	5 gals.		
Beets	25 lbs.		
Cauliflower	18 lbs.		
Cabbage for slaw	16 lbs.		
Carrots	24 lbs.		
Corn	2 #10 cans		
Bread	10 loaves		

To serve 50 people, divide by 2. To serve 25 people, divide by 4.

Cooking for a crowd. The season of the year rules the food choices to a degree. Also variety in flavor, texture, color and form. Plan best use of refrigerator space. Decide type of service, buffet, family style or served plates with waitresses.

CONTENTS OF CANS

Of the different sizes of cans used by commercial canners, the most common are:

Size	Average Contents
8 ounces	1 cup
picnic	1 1/4 cups
No. 300	1 3/4 cups
No. 1 tall	2 cups
No. 303	2 cups
No. 2	2 1/2 cups
No. 2 1/2	3 1/2 cups
No. 3	4 cups
No. 10	12 to 13 cups

SUBSTITUTIONS

FOR:	YOU CAN USE:
1 T. cornstarch	2 T. flour OR 1 1/2 T. quick cooking tapioca
1 C. cake flour	1 C. less 2 T. all-purpose flour
1 C. all-purpose flour	1 C. plus 2 T. cake flour
1 square chocolate	3 T. cocoa and 1 T. fat
1 C. melted shortening	1 C. salad oil (may not be substituted for solid shortening)
1 C. milk	1/2 C. evaporated milk and 1/2 C. water
1 C. sour milk or buttermilk	1 T. lemon juice or vinegar and enough sweet milk to measure 1 C.
1 C. heavy cream	2/3 C. milk and 1/3 C. butter
1 C. heavy cream, whipped	2/3 C. well-chilled evaporated milk, whipped
Sweetened condensed milk	No substitution
1 egg	2 T. dried whole egg and 2 T. water
1 tsp. baking powder	1/4 tsp. baking soda and 1 tsp. cream of tartar OR 1/4 tsp. baking soda and 1/2 C. sour milk, buttermilk or molasses; reduce other liquid 1/2 C.
1 C. sugar	1 C. honey; reduce other liquid 1/4 C.; reduce baking temperature 25°
1 C. miniature marshmallows ..	About 10 large marshmallows, cut up
1 medium onion (2 1/2" dia.) ...	2 T. instant minced onion OR 1 tsp. onion powder OR 2 tsp. onion salt; reduce salt 1 tsp.
1 garlic clove	1/8 tsp. garlic powder OR 1/4 tsp. garlic salt reduce salt 1/8 tsp.
1 T. fresh herbs	1 tsp. dried herbs OR 1/4 tsp. powdered herbs OR 1/2 tsp. herb salt; reduce salt 1/4 tsp.

SUBSTITUTIONS

For bread crumbs: Use crushed corn or wheat flakes, or other dry cereal. Or use potato flakes.

For butter: Use $\frac{7}{8}$ cup of solid shortening plus $\frac{1}{2}$ teaspoon of salt.

For fresh milk: To substitute 1 cup of fresh milk, use $\frac{1}{2}$ cup each of evaporated milk and water.

For 1 cup of whole milk, prepare 1 liquid cup of nonfat dry milk and 2 $\frac{1}{2}$ teaspoons butter or margarine.

For sugar: Use brown sugar, although it will result in a slight molasses flavor.

For superfine sugar: Process regular granulated sugar in your blender.

For red and green sweet pepper: Use canned pimientos.

For vanilla extract: Use grated lemon or orange rind for flavoring instead. Or try a little cinnamon or nutmeg.

For flour: Use 1 tablespoon cornstarch instead of 2 tablespoons of flour. Or try using instant potatoes or cornmeal.

For buttermilk: Use 1 tablespoon of lemon juice or vinegar and enough fresh milk to make 1 cup. Let it stand 5 minutes before using.

For catsup: Use a cup of tomato sauce added to 1 $\frac{1}{4}$ cups of brown sugar, 2 tablespoons of vinegar, $\frac{1}{4}$ teaspoon of cinnamon and a dash of ground cloves and allspice.

For unsweetened chocolate: Use 1 tablespoon of shortening plus 3 tablespoons of unsweetened chocolate to equal 1 square of unsweetened chocolate.

For corn syrup: Use $\frac{1}{4}$ cup of water or other type of liquid called for in the recipe, plus 1 cup of sugar.

For eggs: Add 3 or 4 extra tablespoons of liquid called for in the recipe. Or, when you're 1 egg shy for a recipe that calls for many, substitute 1 teaspoon of cornstarch.

For cake flour: Use $\frac{7}{8}$ cup of all-purpose flour for each cup of cake flour called for in a recipe.

For fresh herbs and spices: For $\frac{1}{3}$ the amount of dried herbs or spices. Dried herbs are more concentrated.

For honey: To substitute 1 cup of honey, use 1 $\frac{1}{4}$ cups of sugar and $\frac{1}{4}$ cup of water or other liquid called for in the recipe.

DEEP-FAT FRYING TEMPERATURES WITHOUT A THERMOMETER

A 1-inch cube of white bread will
turn golden brown:

345° to 355°	65 seconds
355° to 365°	60 seconds
365° to 375°	50 seconds
375° to 385°	40 seconds
385° to 395°	20 seconds

OVEN TEMPERATURES

Slow	300°
Slow moderate	325°
Moderate	350°
Quick moderate	375°
Moderately hot	400°
Hot	425°
Very Hot	475°

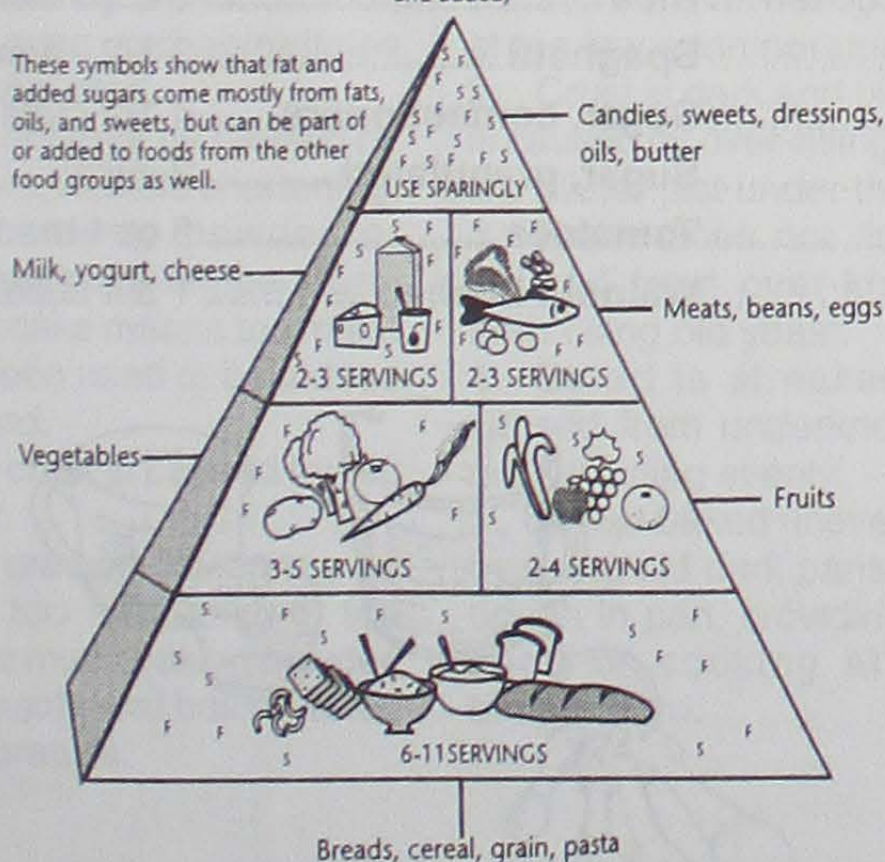
SIMPLIFIED MEASURES

Measure	Equivalent
1 tablespoon	3 teaspoons
2 tablespoons	1 ounce
1 jigger	1 1/2 ounces
1/4 cup	4 tablespoons
1/3 cup	5 tablespoons plus 1 teaspoon
1/2 cup	8 tablespoons
1 cup	16 tablespoons
1 pint	2 cups
1 quart	4 cups
1 gallon	4 quarts
1 liter	4 cups plus 3 tablespoons
1 ounce (dry)	2 tablespoons
1 pound	16 ounces
2.21 pounds	35.3 ounces

FOOD GUIDE PYRAMID

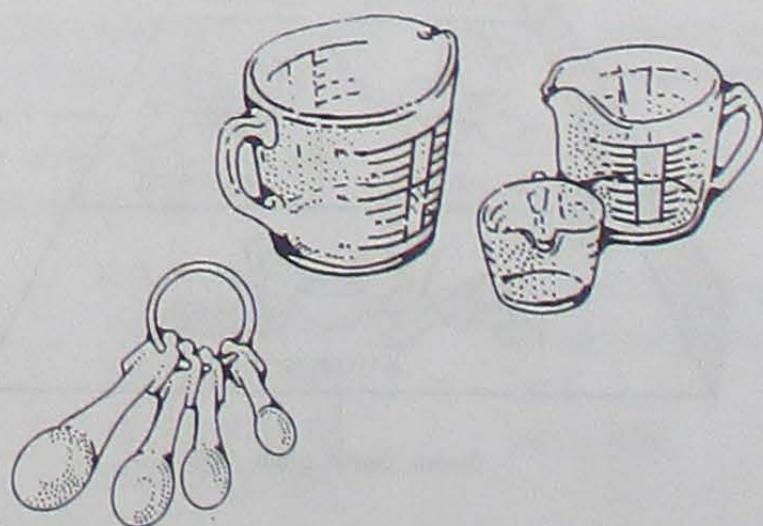
A Guide to Daily Food Choices

KEY F = Fat (naturally occurring and added) S = Sugars (added)



EQUIVALENTS FOR COMMON COOKING INGREDIENTS

1 lb.	Apples	3 or 4 medium
1 lb.	Bananas	3 or 4 medium
1 lb.	Beans, dried	5 to 6 cups cooked
1 quart	Berries	3 1/2 cups
1 slice	Bread	1/2 cup crumbs
1/4 lb.	Cheese, grated	1 cup
1 oz.	Chocolate, 1 square	1 T. melted
1/2 pint	Cream	1 cup
1 cup	Cream, heavy	2 cups whipped
1 lb.	Flour, all-purpose	4 cups sifted
1 envelope	Gelatin	1 T.
1 tsp.	Herbs, dried	1 T. fresh
2-3 T. juice	Lemon	1 1/2 tsp. grated rind
1 cup dry	Macaroni	2 1/4 cups cooked
1 lb.	Meat, diced	2 cups
1 lb.	Mushrooms	5-6 cups sliced
1/4 lb.	Nuts, shelled	1 cup chopped
1 medium	Onion	1/2 cup chopped
6-8 T. juice	Orange	1/3-1/2 cup pulp
3 medium	Potatoes	1 3/4 - 2 cups mashed
1 cup uncooked	Rice	3 cups cooked
1/2 lb.	Spaghetti	3 1/2 - 4 cups cooked
1 lb.	Sugar, confectioners	4 1/2 cups unsifted
1 lb.	Sugar, granulated	2 cups
1 lb.	Tomatoes	3 or 4 medium
1 lb.	Walnuts in shell	1 3/4 cups chopped



COMMON CAUSES OF FAILURE IN BAKING

BISCUITS

1. Rough biscuits caused from insufficient mixing.
2. Dry biscuits caused from baking in too slow an oven and handling too much.
3. Uneven browning caused from cooking in dark surface pan (use a cookie sheet or shallow bright finish pan), too high a temperature and rolling the dough too thin.

MUFFINS

1. Coarse texture caused from insufficient stirring and cooking at too low a temperature.
2. Tunnels in muffins, peaks in center and soggy texture are caused from overmixing.
3. For a nice muffin, mix well but light and bake at correct temperature.

CAKES

1. Cracks and uneven surface may be caused by too much flour, too hot an oven and sometimes from cold oven start.
2. Cake is dry may be caused by too much flour, too little shortening, too much baking powder or cooking at too low a temperature.
3. A heavy cake means too much sugar has been used or baked too short a period.
4. A sticky crust is caused by too much sugar.
5. Coarse grained cake may be caused by too little mixing, too much fat, too much baking powder, using fat too soft, and baking at too low a temperature.

6. Cakes fall may be caused by using insufficient flour, under baking, too much sugar, too much fat or not enough baking powder.
7. Uneven browning may be caused from cooking cakes at too high a temperature, crowding the shelf (allow at least 2" around pans) or using dark pans (use bright finish, smooth bottomed pans).
8. Cake has uneven color is caused from not mixing well. Mix thoroughly, but do not over mix.

PIES

1. Pastry crumbles caused by overmixing flour and fat.
2. Pastry is tough caused by using too much water and over mixing dough.
3. Pies do not burn - for fruit or custard pies use a Pyrex pie pan or enamel pan and bake at 400° to 425° constant temperature.

BREADS (YEAST)

1. Yeast bread is porous - this is caused by over-rising or cooking at too low a temperature.
2. Crust is dark and blisters - this is caused by over-rising, the bread will blister just under the crust.
3. Bread does not rise - this is caused from over-kneading or from using old yeast.
4. Bread is streaked - this is caused from underkneading and not kneading evenly.
5. Bread baked uneven - caused by using old dark pans, too much dough in pan, crowding the oven shelf or cooking at too high temperature.

WHAT TO USE SPICES AND SEASONINGS FOR!



Cakes, cookies, pies, breads, puddings, fruit preserves, pickles, relishes, yellow vegetables.



Salads and salad dressings, sour cream or mayonnaise dips, eggs, cucumbers, tomatoes, carrots, fish, cheese dishes.



Tomatoes, tomato sauce, barbecue sauce, salads.



Nearly all types of meat, fish, poultry, vegetables, sauces, stews, soups, salads and salad dressings.



Meat loaf; beef, lamb and vegetable stews; bean salad.



Lamb, poultry stuffing, beef and pork roasts, tomato sauce, salads, seafood, turnips, potatoes, cauliflower.



Ham, beets, pickling, beef marinades, hot spiced beverages, cakes, pies, puddings.



Veal, sausage, poultry, stuffings, cheese spreads, soups.



Vegetable and beef chili, cocktail and barbecue sauces, egg dishes, meatballs, meat loaf.



Salad dressings, sauces, egg dishes, stews, poultry, seafood.



Cakes, cookies, pies, puddings, coffee, dessert topping, yellow vegetables, hot spiced beverages.



Chowder, seafood, stuffing, poultry, meat, vegetables.

WHICH APPLES ARE BEST?

BAKING: Albermarle Pippin, Granny Smith, Jonathan, Rome Beauty

EATING: Red and Yellow Delicious, Grimes Golden, Rome Beauty

PIE: Granny Smith, Grimes Golden, Rome Beauty, Stayman, Winesap

SALAD: Granny Smith, Grimes Golden, Red Delicious, Rome Beauty, York Imperial, Winesap

SAUCE: Early Harvest, Summer Rambo, Grimes Golden, Stayman, Winesap, York Imperial

APPLES

- Place apple cider in 32 cup percolator coffeemaker and fill coffee basket 1/2 full of red-hot candies. Makes tasty spicy pink cider.

- Premeasure and freeze apple slices for Apple Crisp recipes.

- Substitute apples for blueberries in muffins.

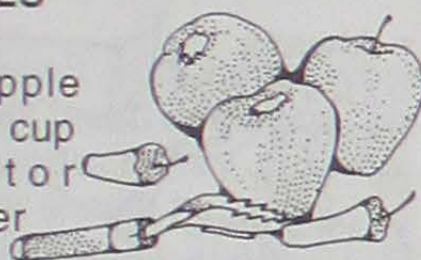
- Put 2 tablespoons apple juice concentrate in cream cheese frosting for applesauce cupcakes.

- Keep apples from absorbing strong refrigerator odors by storing them in a plastic bag. They will stay fresher longer and won't speed ripening of other produce.

- Toss lemon juice on cut-up apples to prevent browning.

- Add 1/2 cup extra apples to a pie that you wish "very full".

- Cut apple in half horizontally. Cut design in apple halves and use for stamps to decorate. Kids love this!



BARBECUES

- It's simple to grill acorn squash.

- Pierce the skin with fork a

- couple of times,

- then wrap in aluminum foil. Grill over direct heat for 1 hour turning once. Remove from grill.

- Store already made hamburger patties on tray between waxed paper. Can lift for accessibility once grilling starts.

- For tender flavorful spareribs begin by parboiling them in pineapple juice. Then add a homemade barbecue sauce while grilling.

- Leftover barbecued pork chops make great sandwiches. Just remove meat from bones, reheat and serve on buns.

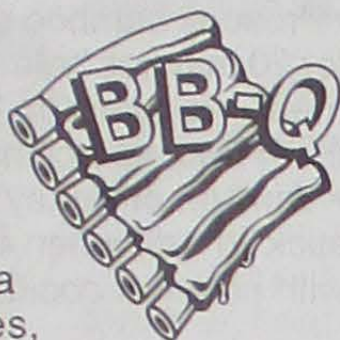
- Here's an easy marinade for grilled pork chops; for four chops, combine 1/2 cup each soy sauce, water and honey. Pour over chops and marinate, leave covered in the refrigerator overnight. Grill until done as desired.

- For fast, easy cleanup of food stuck inside pans, boil a little vinegar and water in the pan before washing. No scrubbing is required—the pan practically wipes clean.

- Instead of taking time to make meatballs make "meat squares". Spread meat mixture in jelly roll pan and bake over coals or in oven. Cut in small squares.

- To roast corn, pull back husks and remove silks. Replace husks and tie at top. Soak in salt water for 1 hour. Grill over hot coals for 15 to 20 minutes turning frequently.

- Old baking pans (even garage sale finds) clean up easily after grilling if they are completely covered with aluminum foil first. Once the cooking is done just remove foil and discard.



- Presoak bamboo skewers in water for 20 minutes before threading with meat, veggies or fruit to prevent them from scorching or burning.
- Venison or turkey burgers will not stick to grill when they are coated with nonstick cooking spray.

BERRIES

- Using a potato blender is quicker than using a fork for mashing strawberries.
- Berries will keep up to a week refrigerated unwashed and unsweetened in a loosely covered container.
- When picking strawberries look under the leaves for the best berries as they will hide there.
- Thawed frozen berries will always be softer and juicier than fresh berries. Defrost the sealed bag of frozen berries in a larger bowl of cold water for 10 to 15 minutes, then use them in recipes where the extra juice is a bonus, such as over shortcake or in a sauce for pound cake.
- Strawberries can be used in punches as a garnish, in the ice ring itself, or as the base for a delicious punch. The berries can be mashed, strained to eliminate the seeds and doctored up as per recipe or imagination.
- Premeasure berries, rhubarb, etc. for future baking projects in amounts called for in favorite recipes. Prevents messy measuring later.
- Best way to pick berries is to pinch and twist the stems, leaving the hulls intact.
- Remove stem and hull from fresh strawberries with a tomato corer.
- Use sliced or mashed strawberries sprinkled with sugar for shortcake.

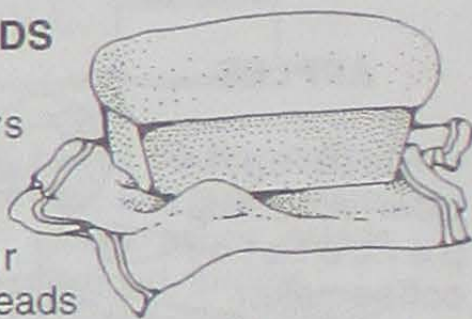


If they stand for 20 to 30 minutes they will make their juice.

- Use whole strawberries with pointed ends facing upward if you plan to glaze recipe.
- Use egg slicer for cutting perfect slices of strawberries.
- Strawberries are best if picked red and firm, but may be ripened if left on counter for a day.
- For shortcake or scones use a rich hot fudge strawberry filling with one cup warmed hot topping and one cup sliced strawberries.

BREADS

- Always brush the tops of your yeast breads and rolls with melted butter when you put the dough into the pans, but do it before it raises a final time. Use just enough butter to glaze the top. This adds flavor and brown color. Brush tops again with soft butter.
- Add butterscotch chips to batter of pumpkin quick bread instead of raisins. More delicious!
- Shredded green tomatoes may be substituted for zucchini in a zucchini bread recipe.
- Homemade bread contains no preservatives and needs refrigeration.
- Bread that sounds hollow when tapped with fingers is baked perfectly.
- Dough rises better if kept out of drafts. Cover with towel and set over a pilot light on stove (if you have one). Let dough "rest" before rolling it out to shape it—it will be less elastic and easier to handle.
- Knead dough in a large resealable bag. Hands and countertops stay clean.



- Turn your basic recipe for 2 or 3 loaves of whole wheat bread into one for herb bread by adding 1/4 teaspoon each of marjoram, thyme, oregano and garlic powder and 1 tablespoon grated onion. Mix into the warm water or milk before adding the flour.

- For a crisp crust, brush the unbaked loaf with lightly beaten egg white. For a soft crust, brush the baked loaf with melted butter when it comes out of oven.

- Remove bread from pan to cool, so bottom will not stay moist.

- Bake quick breads one day before serving. Wrap and refrigerate. They have better texture and will slice better also.

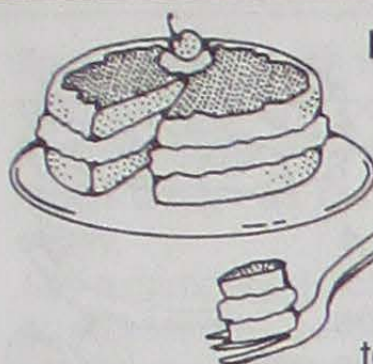
- Don't overmix your batter when making quick bread or muffins. The finished product may crumble. Muffin batter should be lumpy.

- Brush Christmas yeast coffee cakes with lightly beaten egg white before baking. Then sprinkle with slivered almonds and white or colored sugar.

- When dissolving yeast, always remember to put about 1 teaspoon of sugar into lukewarm water or milk. It helps to get the dough working so yeast will raise. If yeast doesn't work you'll have a clump.

- For quick and easy garlic breadsticks; split a hot dog bun down the middle and cut each 1/2 lengthwise. Butter each strip and sprinkle with garlic salt or powder. Place on baking sheet and broil until toasted.

- Put frozen bread loaves in a clean brown paper bag and place for 5 minutes in a 325° oven to thaw completely.



BREAKFAST

- Keep bacon slices from sticking together; heat a

spatula over a burner, slide it under each slice to separate it from others.

- Use egg slicer to slice Kiwi uniformly.

- For a perfect fried egg, put a little butter, bacon grease, or side pork fat into a skillet (cast iron is best). If you want it sunny-side up, put a cover on and the steam will take care of the egg. If you want it over easy, flip the egg over, and count to five slowly. Leave it longer if you like the yolks hard.

- For crispy French toast, add a touch of cornstarch to the egg mixture.

- To butter many slices of bread quickly and evenly, heat the butter until soft. Then use a pastry brush to paint the butter on.

- For fluffier omelettes, add a pinch of cornstarch before beating.

- To ripen Kiwi's, place them in a brown paper bag with a banana or apple and leave at room temperature. When they are ready to eat, they should yield to slight pressure. Store ripe fruit in refrigerator for up to one week.

- To make an inexpensive syrup for pancakes, save small amounts of leftover jams and jellies in a jar. Or, fruit-flavored syrup can be made by adding 2 cups sugar to 1 cup of any kind of fruit juice and cooking until it boils.

- Freeze waffles that are left; they can be reheated in the toaster.

CAKES AND FROSTINGS



- When testing cake for doneness the rack may be pulled out a little only as it needs to stay close to the heat. Test with either toothpick or touch lightly with fingertips. If the cake bounces back it is done, if it leaves a dent, then it's not.
- To keep a cake from sliding on its plate during transit, drizzle a bit of frosting in a circle on the plate where the cake will rest before removing the cake from the pan. The frosting will hold the cake in place.
- Don't tamper with the mix or change it. If it says cream it means cream. If it says 2% then it means 2%.
- Sweeten whipped cream with confectioners' sugar instead of granulated sugar. It will stay fluffy and hold up a lot longer.
- Always refrigerate cream cheese-based frostings and fillings.
- Always let a cake cool 10 minutes before running a knife around the edge and turning out on a plate. An upside-down cake or jelly roll has to be removed at once.
- Spray measuring spoons or cups with a coating of nonstick cooking spray before measuring honey, syrup, or molasses. Sticky ingredients slide right out with no mess.
- If it calls for sour milk, and you have none, put 1 tablespoon of vinegar in one cup of milk, it will curdle immediately.
- Be sure your rack is in the center of the oven or the cake will come out too brown either on the top or bottom.
- If you are getting lopsided cakes

then level up your stove.

- To prevent icing from running off your cake, try dusting the surface lightly with cornstarch before icing.
- If you forget to preheat the oven, turn the broiler on for a minute to get the temperature up fast.
- To dress up a plain frosted cake but have no sprinkles—crush sweetened cereal and scatter across the top. Adds a fun look and a nice crunch, too.
- When it says to grease pan, it means only the bottom as the cake has to have something to hold on to.
- To prepare muffins or cupcakes easily mix the batter in a pitcher so it can be poured in cups without making a mess.
- To improve an inexpensive cake mix, add one tablespoon of butter to the batter. This will make a richer-tasting cake.
- Try a little cream of tartar in your 7 minute icing, it will not get dry and cracked.
- Shortly before taking cupcakes from the oven, place a marshmallow on each for quick frosting.
- In place of flour use one teaspoon of tapioca for thickening in fruit pies.



COOKIES

- Flour the rolling pin slightly and roll lightly to desired thickness.
- Cut shapes close together and keep all trimmings for the last. Place pans in upper 1/3 of oven. Watch cookies carefully while baking to avoid burning edges.
- Beat butter and sugar at medium speed. Beat dry ingredients at low speed. Don't overbeat. The dough should be just blended.

- Use only stick butter or margarine in these recipes. Don't use reduced-fat or tub products. The fat and moisture content will yield poor results.

- For best results, bake one sheet of cookies at a time on the center rack of your oven. You can bake two sheets—halfway through baking, switch the pans from one rack to the other.

- Use outline (not solid) cookie cutters for napkins rings when having a party or country setting.

- Use electric knife to slice rolled-chilled cookie dough.

- For accuracy, measure liquids in clear measuring cups with spouts and hold the cup to eye level.

- Add 1/2 cup of sour cream to your peanut butter cookie recipe to make your cookies more moist.

- Most cookies can be stored at room temperature for a few days without losing flavor. For longer storage, place cookies and wax paper in layers in airtight container and freeze for 3 months.

- For chewy cookies, bake until edges are golden and the center looks slightly underbaked. Cool on baking sheets for 1 to 2 minutes before removing to a wire rack.

- When sprinkling sugar on cookies, try putting it into a salt shaker, as it saves time.

- Use nesting metal cups and spoons to measure flour and other dry ingredients. Before measuring, stir flour in its canister or package to aerate, then spoon it into appropriate-size measuring cup. Level off any excess with a metal spatula.

- Cookie dough that is to be rolled is much easier to handle after it has been in a cold place for 10 to 30 minutes. This keeps it from sticking, even though it may be soft. If not done, the dough may require more

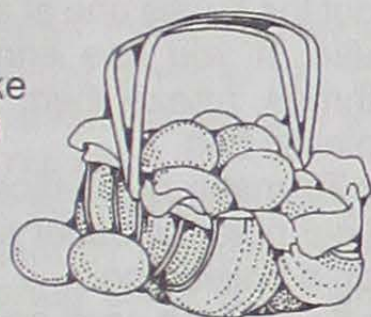
flour and too much flour makes the cookies hard and brittle. In rolling, take out on a floured board only as much dough as can be managed easily.

Lay a dampened cloth on your table or countertop before putting the cookie sheet down so it won't slide around while you fill it.

- Stale angel food cake can be cut into 1/2" slices and shaped with cookie cutters to make delicious "cookies". Just toast in the oven for a few minutes.

EGGS

- If you shake the egg and you hear a rattle, you can be sure



it's stale. A really fresh egg will sink and a stale one will float.

- If you are making deviled eggs and want to slice it perfectly, dip the knife in water first. The slice will be smooth with no yolk sticking to the knife.

- The white of an egg is easiest to beat when it's at room temperature. So leave it out of the refrigerator about a half an hour before using it.

- To make light and fluffy scrambled eggs, add a little water while beating the eggs.

- Add vinegar to the water while boiling eggs. Vinegar helps to seal the egg, since it acts on the calcium in the shell.

- Egg whites can be kept up to 1 year. Add them to a plastic container as you "collect them" for use in meringues, angel food cake...1 cup equals 7 or 8 egg whites. You can also refreeze defrosted egg whites.

- For fluffier omelets, add a pinch of cornstarch before beating.

- **STORING EGGS:** 1. Place your eggs in those tight-sealing egg containers and they will last longer in the refrigerator. You really shouldn't keep eggs longer than 11 days 2. Cover them with oil on the top in a sealed container in the refrigerator. 3. For long term storage: if there's a special on eggs at your local supermarket, you can take advantage of it. Just crack all the eggs open and put them in the freezer unit. To use one egg at a time, put single eggs in the ice tray. When frozen, put the egg cubes in a sealed plastic bag. You can take out the cubes one at a time for daily use. If you use eggs in twos or threes, freeze them that way in a plastic bag.

- To make quick-diced eggs, take your potato masher and go to work on a boiled egg.

- If you wrap each egg in aluminum foil before boiling it, the shell won't crack when it's boiling.

- To make those eggs go further when making scrambled eggs for a crowd, add a pinch of baking powder and 2 teaspoons of water per egg.

- A great trick for peeling eggs the easy way. When they are finished boiling, turn off the heat and just let them sit in the pan with the lid on for about 5 minutes. Steam will build up under the shell and they will just fall away.

- Or, quickly rinse hot hard-boiled eggs in cold water, and the shells will be easier to remove.

- Fresh or hard-boiled? Spin the egg. If it wobbles, it is raw - if it spins easily, it's hard boiled.

- Add a few drops of vinegar to the water when poaching an egg to keep it from running all over the pan.

- Add 1 tablespoon of water per egg white to increase the quantity of beaten egg white when making meringue.

- Fresh eggs are rough and chalky in appearance. Old eggs are smooth and shiny.

- Beaten egg whites will be more stable if you add 1 teaspoon cream of tartar to each cup of egg whites (7 or 8 eggs).

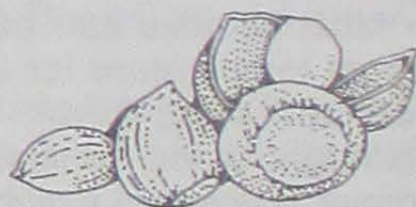
- Pierce the end of an egg with a pin, and it will not break when placed in boiling water.

- A small funnel is handy for separating egg whites from yolks. Open the egg over the funnel and the white will run through and the yolk will remain.

- For baking, it's best to use medium to large eggs. Extra large may cause cakes to fall when cooled.

- Brown and white shells are the same quantity.

NUTS



- Use English walnuts

- and Black Walnut extract as a substitute for Black Walnuts.

- Cut nut bars into festive shapes for fun and variety at Holiday time.

- Freeze nuts in shells a few days before cracking. The nutmeats will come out in larger pieces if they are frozen.

- Make holiday treat of 1 1/2 lbs. white, dark or milk chocolate and one can of mixed nuts. Drop teaspoonfuls onto waxed paper to harden. Store in airtight container.

- Before chopping nuts in a food processor, dust them with flour. This keeps the nuts from sticking to the processor.

- Toasted almonds will chop easier than untoasted ones.

- To quickly crack a large amount of nuts, put in a bag and gently hammer until they are cracked open. Then remove nutmeats with a pick.

- Shake chopped nuts in flour before adding to cake batter. This prevents them from sinking to the bottom.
- Wear rubber gloves when husking Black Walnuts to prevent stains to the hands.
- Use a blender for quick coarsely chopped almonds.
- Pecans stay fresh in refrigerator for 9 months and in freezer for 2 years.
- If nuts are stale, place them in the oven at 250°F and leave them there for 5 or 10 minutes. The heat will revive them.

PICKLING AND PRESERVING



- Quart jars are usually used for canning fruits, vegetables, meats and pickles. Pint jars are used for jams, preserves, relishes and sauces. Half-pint or jelly glasses are used for jams, jellies, butters and marmalades. The size of the family is important when choosing jar size.
- Pressure canning means to be done in a pressure cooker. Leave an inch space between jars after they have been taken out of the boiling water for air to circulate between the jars.
- Pickles and relishes can be eaten right away, but do get a better flavor the longer you wait. Dill pickles must wait 2 weeks.
- Use heavy stainless steel kettles when possible. Never cook vinegar in cheap aluminum as it will take on the taste.
- The number of jars you will get out of a recipe will vary because of the difference in the size and the moisture in the fruits and vegetables.

- For all canned pickles, relishes, and vegetables do not use iodized salt or the ingredients will get mushy.
- When filling jars always clean the tops off from spills.
- Syrups for jams and jellies will rise to top quickly and have to be watched very carefully.
- Spices may be added to pickles or relishes as are or may be tied up in a clean cloth, cooked with the pickles and discarded when cooking is done before jars are filled.
- Never sit hot jars in a draft.
- When they are cooling you will hear a popping if you are using the two-piece lids. That popping means that the jar has sealed. Press your finger on top; and if the cover is flat, it's okay. If jar has not sealed, use the contents—do not store.
- To scald your jars means to sterilize your empty jars by standing them upright in boiling water and filling with more boiling water and boil a minute or two.
- Sure-Jell helps set and speed-up jams and jellies but they can be cooked down low without it. Always ladle foam off of jams and jellies with a metal spoon.

PIES



- Insert a knife into the slits of a double-crust pie, and it should come out clear. If it is sugary it needs more baking.
- Spread meringue so it extends out to the edge of the crust so it won't pull away. It's sealed.
- Add 1 or 2 tablespoons of molasses to pumpkin pie filling. It will make it richer in color and tastier, too.
- Make nice fat pies and heap the filling into the crusts.

- Try not to make meringue on a humid day, since the sugar absorbs moisture and excess moisture may cause beading. Also be certain the sugar is completely dissolved during beating. Rub a small amount between your fingers—if it's grainy, continue to beat. Place the meringue over the hot filling. Keep filling warm while preparing meringue, pour it into the pie shell just before topping with meringue. Bake immediately at 350° for 15 minutes.

- Use a thimble to cut holes in your top pie crusts. Then replace cut-out circles back in their holes. The hole will get bigger as pie bakes, giving an interesting pattern.

- If recipe calls for milk, use whole milk. Store-bought does not have as much butterfat as farm milk, but it is just fine.

- No matter how much salt a recipe calls for—put it in there as it is there for a reason.

- Place your pastry-lined pie plate on a partially pulled-out oven rack, then carefully fill with mixture. Gently push rack in stove.

- Place a piece of plastic wrap over cooked custard or pudding after pouring into pie shell to prevent a "skin" from forming.

- Add one tablespoon sesame seeds to pie crust recipe to have a tasty nutty flavor.

- Be sure your rolling pin is wood and heavy enough. Some are too light. A medium pin weighs about 5 lbs. and is fine.

- If a recipe calls for a cup, don't put in a rounded cup. Unless it says "heaping", use only a level measure.

- When measuring shortening for pie crust wet the cup first, and the shortening will slide right out.

- Where a recipe calls for 2 cups freshly whipped cream, use 12 ounces of Cool Whip.

SALADS



- Green peppers will not last long in the

refrigerator. The best way to have them available is to freeze them. Wash them after hollowing out the insides, dry them and put them in a plastic bag. You can dice, strip, cube, or chip them.

- Iceberg lettuce as well as escarole and spinach is used for a bed for small and large salads, of any kind.

- The classic salad of iceberg lettuce is always welcome to the American table. It is used along with dressings or mixed with a variety of dark greens. It can be eaten dressed up very little or dressed up a lot with a variety of fruits, vegetables, meats, etc.

- Salads are light or complex and are usually chosen according to the meal they are served with. Fresh, tart greens will balance a heavy meal. A complex salad containing many ingredients will complement a lighter meal.

- Potato salads, a Waldorf salad, bean and mayo-dressed salads are generally informal, good picnic fare and healthy.

- Buffet salads are spreads with eye-appeal. They are molds, filled vegetable containers, marinated vegetables, and decoratively garnished salad platters.

- A basic earthy salad is nothing more than the edible parts of herbs and plants, gently seasoned with the most basic of spices or a sprinkling of lemon juice or vinegar and oil.

- Optimal freshness is the hallmark of a successful salad.

- Most salads should be served at room temperature.

- Commercial or homemade

dressings are a matter of choice.

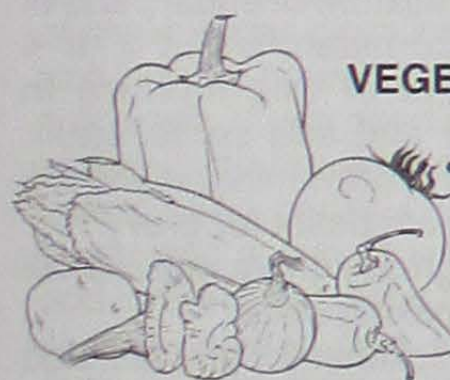
- Flowers such as roses, daylilies, nasturtiums, geraniums and marigolds are commonly used in salads. They bruise easily so must be gotten early in the morning and handled carefully.

- Kale, beet greens, Swiss chard, bok choy, and the cabbages—including red, green and napa, and savory are all great additions to any salad, adding flavor and texture.

- To keep mint, lemon verbena, etc. from taking over your herb garden, pull your needed amounts by the roots. Enough root will remain for the plants to continue growing.

- Just about any cut of meat, fowl, or fish can be worked into a salad. Such salads can often be served as the main course. Remove all fat and gristle when preparing meat. Cut meat across the grain into even thickness strips. Arrange slices in a neat, decorative pattern on a platter.

- Place unripened tomatoes with other fruit, especially pears to speed up ripening.



VEGETABLES

- To save potatoes before sprouting—
p e e l ,
slice and

boil them partially. Drain, cool and freeze. When needed pop frozen potatoes into boiling water, finish cooking and then mash.

- Use an egg slicer to slice mushrooms perfectly.

- Use an ice cream scoop to remove seeds from acorn or Hubbard squash or even pumpkin seeds from pumpkins.

- Freeze your onion surplus. Slice or dice and bake in a covered

casserole at 350° until they're tender, about 20 to 30 minutes. Cool and pack them in freezer containers in recipe-sized portions. Freeze for up to 6 months. To use, thaw and warm with a little butter until light golden brown—perfect for casseroles, burgers or in gravies.

- When cutting corn from the cob to freeze, place end of cob in the hole of a Bundt pan. Cut corn off with sharp knife and corn will fall right in pan with little mess.

- One pound of fresh spinach will yield 10 to 12 cups of torn leaves; which will cook down to about one cup.

- Put foil under sweet potatoes before baking so sticky juices can't mess up oven.

- Bake a potato casserole right along with your roast.

- Use nylon stocking to dry onions. Put one in toe, tie a knot, put in onion, tie a knot—continue to stocking top. Hang in dry place. When needed cut one off between knots.

- Cook equal amounts of potatoes and turnips in boiling salted water until tender. Mash with milk and butter. Real treat!

- To preserve garden fresh carrots, dig from ground, wash well, dry overnight, pack in plastic bags and store in refrigerator and enjoy all winter.

- For a quick scalloped potato, combine frozen French fries with a homemade cheese sauce and bake until bubbly.

- Eating large cucumbers will cause chickens to produce eggs larger in size and amount.

- For the fluffiest mashed potatoes, use only russets and be careful not to overbeat. Cook just until tender; immediately drain and let stand uncovered for 1 to 2 minutes. While beating, slowly add warm milk. Do not add butter.

MISCELLANEOUS

Syrup: For each cup of light syrup in a recipe, substitute one cup of sugar and 1/4 cup water. For each cup of dark corn syrup, substitute 1 cup packed brown sugar and 1/4 cup water.

Treat for sauerkraut: To have a tangy combination add a can of whole-berry cranberry sauce to your package of sauerkraut as it's heating plus a little brown sugar. A real treat!

Frozen concentrate: To use frozen concentrate to prepare juice quickly, slide it into a pitcher, add some water and mash with a potato masher. Will be a lot quicker and dissolves readily.

Grated lemon peel: The quickest way to make grated lemon peel for recipes is to slice off big pieces of peel and grind them for just a few seconds in a food processor.

Hot chocolate: To prevent "skin" from forming on top of hot chocolate beverages, beat hot cocoa with whisk until foamy.

Stringing popcorn: If you plan to string popcorn, pop the popcorn a few days ahead. The kernels will not break as bad when needle is pushed through.

Ice water: Fill a clean plastic milk jug half full of water and freeze. When ice water is needed just finish filling with water and take along on a picnic, etc.

Brown sugar: A little brown sugar will help flavor chili.

Meatloaf: Put meatloaf ingredients in a bowl and mix with a potato masher to prevent a mess, especially on your hands.

Decorative potato or macaroni salad: For a decorative potato or macaroni salad, dissolve a little unflavored gelatin in a small amount of water and mix with the

mayonnaise before adding to the salad. Spread the salad in a mold and chill. When turned out the salad will keep its shape.

Tender pancakes or waffles: For light and tender pancakes or waffles, separate the egg and beat the white until stiff. Stir the yolk and other liquid ingredients into the dry ingredients, then fold in the beaten egg white.

Venison: Cook venison in slow cooker. Add a tad of the apple pie spice and black pepper to cut the wild flavor.

Candles: Before having a party or decorating with candles, put candles in the freezer for a few hours. They will not drip wax then.

Salt: If stew is too salty, add raw cut potatoes and discard once they have cooked and absorbed the salt. Another remedy is to add a teaspoon each of cider vinegar and sugar. Or, simply add sugar.

If soup or stew is too sweet, add salt. For a main dish or vegetable, add a teaspoon of cider vinegar.

Gravy: To make gravy smooth, keep a jar with a mixture of equal parts of flour and cornstarch. Put 3 or 4 tablespoons of this mixture in another jar and add some water. Shake, and in a few minutes you will have a smooth paste for gravy.

To remedy greasy gravy, add a small amount of baking soda.

For quick thickener for gravies, add some instant potatoes to your gravy and it will thicken beautifully.

Pour a cup of brewed coffee around a roast or turkey as you put it in the oven. The dark savory gravy is always perfect.

Add a few teaspoons of soy sauce to gravies and stews for a great flavor and color.

Shrinkless links: Boil sausage links for about 8 minutes before frying and they will shrink less and not break at all. Or, you can roll them lightly in

flour before frying.

A quick way to whip cream: A pinch of salt added to the cream before whipping strengthens the fat cells and makes them more elastic. This helps the cream stiffen much more quickly.

Cream that will not whip: Chill cream, bowl and beater well. Set bowl of cream into a bowl of ice water while you're whipping. Add the white of an egg. Chill and then whip. If the cream still does not stiffen, gradually whip in 3 or 4 drops of lemon juice. Cream whipped ahead of time will not separate if you add a touch of unflavored gelatin (1/4 teaspoon per cup of cream). To eliminate a lot of mess when whipping cream with an electric beater, try this: Cut 2 holes in the middle of a piece of waxed paper, then slip the stems of the beaters through the holes and attach the beaters to the machine. Simply place paper and beaters over the bowl and whip away.

Rock-hard brown sugar: Add a slice of soft bread to the package of brown sugar, close the bag tightly, and in a few hours the sugar will be soft again. If you need it in a hurry, simply grate the amount called for with a hand grater. Or, put brown sugar and a cup of water (do not add to the sugar, set it alongside of it) in a covered pan. Place in the oven (low heat) for a while. Or, buy liquid brown sugar.

Caked or clogged salt: Tightly wrap a piece of aluminum foil around the salt shaker. This will keep the dampness out of the salt. To prevent clogging, keep 5 to 10 grains of rice inside your shaker.

No spattering or sticking: To keep frying food from spattering, invert a metal colander over the pan, allowing steam to escape. Always heat the frying pan before

adding oil or butter. This will keep things from sticking to the pan.

Boil vinegar in a brand new frying pan to keep things from sticking to it.

Hurry-up hamburgers: Poke a hole in the middle of the patties while shaping them. The burgers will cook faster and the holes will disappear when done.

Removing the corn silk: Dampen a paper towel or terry cloth and brushdownward on the cob of corn. Every strand should come off.

Preventing boil-overs: Add a lump of butter or a few teaspoons of cooking oil to the water. Rice, noodles or spaghetti will not boil over or stick together.

Softening butter: Soften butter quickly by grating it. Or heat a small pan and place it upside-down over the butter dish for several minutes. Or place in the microwave for a few seconds.

Measuring sticky liquids: Before measuring honey or syrup, oil the cup with cooking oil and rinse in hot water.

Scalded milk: Add a bit of sugar (without stirring) to milk to prevent it from scorching.

Rinse the pan with cold water before scalding milk, and it will be much easier to clean.

Clean and deodorize your cutting board: Bleach it clean with lemon juice. Take away strong odors like onion with baking soda. Just rub it in.

Keep the color in beets: If you find that your beets tend to lose color when you boil them, add a little lemon juice.

Broiled meat drippings: Place a piece of bread under the rack on which you are broiling meat. Not only will this absorb the dripping fat, but it will reduce the chance of the fat catching on fire.

Tenderized meat: Boiled meat: Add a tablespoon of vinegar to the cooking water.

Tough meat or game: Make a marinade of equal parts cooking vinegar and heated bouillon. Marinate for 2 hours.

Steak: Simply rub in a mixture of cooking vinegar and oil. Allow to stand for 2 hours.

Chicken: To stew an old hen, soak it in vinegar for several hours before cooking. It will taste like a spring chicken.

Unpleasant cooking odors: While cooking vegetables that give off unpleasant odors, simmer a small pan of vinegar on top of the stove. Or, add vinegar to the cooking water. To remove the odor of fish from cooking and serving implements, rinse in vinegar water.

No-smell cabbage: Two things to do to keep cabbage smell from filling the kitchen: don't overcook it (keep it crisp) and put half a lemon in the water when you boil it.

A great energy saver: When you're near the end of the baking time, turn the oven off and keep the door closed. The heat will stay the same long enough to finish baking your cake or pie and you'll save all that energy.

Special looking pies: Give a unique look to your pies by using pinking shears to cut the dough. Make a pinked lattice crust!

Removing ham rind: Before placing ham in the roasting pan, slit rind lengthwise on the underside. The rind will peel away as the ham cooks, and can be easily removed.

Unmolding gelatin: Rinse the mold pan in cold water and coat with salad oil. The oil will give the gelatin a nice luster and it will easily fall out of the mold.

No-spill cupcakes: An ice cream scoop can be used to fill cupcake

papers without spilling.

Slicing cake or torte: Use dental floss to slice evenly and cleanly through a cake or torte - simply stretch a length of the floss taut and press down through the cake.

Ice cream: Buy bulk quantities of ice cream and pack in small margarine containers. These provide individual servings.

Canning peaches: Don't bother to remove skins when canning or freezing peaches. They will taste better and be more nutritious with the skin on.

How to chop garlic: Chop in a small amount of salt to prevent pieces from sticking to the knife or chopped board. Then pulverize with the tip of the knife.

Excess fat on soups or stews: Remove fat from stews or soups by refrigerating and eliminating fat as it rises and hardens on the surface. Or add lettuce leaves to the pot - the fat will cling to them. Discard lettuce before serving.

Fake sour cream: To cut down on calories, run cottage cheese through the blender. It can be flavored with chives, extracts, etc., and used in place of mayonnaise.

Browned butter: Browning brings out the flavor of the butter, so only half as much is needed for seasoning vegetables if it is browned before it is added.

Fresh garlic: Peel garlic and store in a covered jar of vegetable oil. The garlic will stay fresh and the oil will be nicely flavored for salad dressings.

Fluffy rice: Rice will be fluffier and whiter if you add 1 teaspoon of lemon juice to each quart of water.

Nutritious rice: Cook rice in liquid saved from cooking vegetables to add flavor and nutrition. A nutty taste can be achieved by adding wheat germ to the rice.

Jar labels: Attach canning labels to the lids instead of the sides of jelly jars, to prevent the chore of removing the labels when the contents are gone.

Flour puff: Keep a powder puff in your flour container to easily dust your rolling pin or pastry board.

Perfect noodles: When cooking noodles, bring required amount of water to a boil, add noodles, turn heat off and allow to stand for 20 minutes. This prevents overboiling and the chore of stirring. Noodles won't stick to the pan with this method.

Easy croutons: Make delicious croutons for soup or salad by saving toast, cutting into cubes, and sautéing in garlic butter.

Baked fish: To keep fish from sticking to the pan, bake on a bed of chopped onion, celery and parsley. This also adds a nice flavor to the fish.

Non-sticking bacon: Roll a package of bacon into a tube before opening. This will loosen the slices and keep them from sticking together.

Tasty hot dogs: Boil hot dogs in sweet pickle juice and a little water for a different taste.

Grating cheese: Chill the cheese before grating and it will take much less time.

Golden-brown chicken: For golden-brown fried chicken, roll it in powdered milk instead of flour.

Double boiler hint: Toss a few marbles in the bottom of a double boiler. When the water boils down the noise will let you know!

Different meatballs: Try using crushed cornflakes or corn bread instead of bread crumbs in a meatball recipe. Or use onion-flavored potato chips.

CLEAN-UP TIPS

Appliances: To shine chrome, use vinegar or window cleaner.

If the numbers on your oven dial are worn, take a yellow crayon and rub it all over the number on the dial. Gently wipe off the excess crayon and paint with the clear nail polish. To clean splattered food from the interior of your microwave, bring one cup of water to a boil until steam forms on the inside walls of microwave. Remove water and wipe with a damp cloth. You may have to repeat the process to get a really big job done.

To rid yellowing from white appliances try this: Mix together: 1/2 cup bleach, 1/4 cup baking soda and 4 cups warm water. Apply with a sponge and let set for 10 minutes. Rinse and dry thoroughly.

Instead of using commercial waxes, shine with rubbing alcohol.

For quick clean-ups, rub with equal parts of water and household ammonia.

Or, try club soda. It cleans and polishes at the same time.

Blender: Fill part way with hot water and add a drop of detergent. Cover and turn it on for a few seconds. Rinse and drain dry.

Copper pots: Fill a spray bottle with vinegar and add 3 tablespoons of salt. Spray solution liberally on copper pot. Let set for a while, then simply rub clean.

Dip lemon halves in salt and rub.

Or, rub with Worcestershire sauce or catsup. The tarnish will disappear. Clean with toothpaste and rinse.

Can opener: Loosen grime by brushing with an old toothbrush. To thoroughly clean blades, run a paper towel through the cutting process.



Burnt and scorched pans:

Sprinkle burnt pans liberally with baking soda, adding just enough water to moisten. Let stand for several hours. You can generally lift the burned portions right out of the pan.

Stubborn stains on non-stick cookware can be removed by boiling 2 tablespoons of baking soda, 1/2 cup vinegar and 1 cup water for 10 minutes. Re-season pan with salad oil.

Cast-iron skillets: Clean the outside of the pan with commercial oven cleaner. Let set for 2 hours and the accumulated black stains can be removed with vinegar and water.

Enamelware or casserole dishes:

Fill a dish that contains stuck food bits with boiling water and 2 tablespoons of baking soda. Let it stand and wash out.

Dishes: Save time and money by using the cheapest brand of dishwashing detergent available, but add a few tablespoons of vinegar to the dishwater. The vinegar will cut the grease and leave your dishes sparkling clean.

Before washing fine china and crystal, place a towel on the bottom of the sink to act as a cushion.

To remove coffee or tea stains and cigarette burns from fine china. Rub with a damp cloth dipped in baking soda.

Dishwasher: Run a cup of white vinegar through the entire cycle in an empty dishwasher to remove all soap film.

Clogged drains: When a drain is clogged with grease, pour a cup of salt and a cup of baking soda into the drain followed by a kettle of boiling water. The grease will usually dissolve immediately and open the drain.

Coffee grounds are a no-no. They do a nice job of clogging, especially

if they get mixed with grease.

Curtains: To freshen curtains, throw in the dryer with a fabric softener sheet and a damp towel.

Cobwebs: To remove cobwebs, clean with an upward motion to lift them off. Downward motions tend to splatter them against walls.

Dusting: Spray furniture polish on the bristles of your broom and the dust and dirt will be easier to collect when you sweep.

Dish Drainer: Remove hard water stains from your dish drainer by tilting the low end of the board slightly and pouring one cup of white vinegar over the board. Let it set overnight and rub off with a sponge in the morning.

Garbage disposal: Grind a half lemon or orange rind in the disposal to remove any unpleasant odor.

Glassware: Never put a delicate glass in hot water bottom side first; it will crack from sudden expansion. The most delicate glassware will be safe if it is slipped in edgewise.

Vinegar is a must when washing crystal. Rinse in 1 part vinegar to 3 parts warm water. Air dry.

When one glass is tucked inside another, do not force them apart. Fill the top glass with cold water and dip the lower one in hot water. They will come apart without breaking.

Grater: For a fast and simple clean-up, rub salad oil on the grater before using.

Use a toothbrush to brush lemon rind, cheese, onion or whatever out of the grater before washing it.

Thermos bottle: Fill the bottle with warm water, add 1 teaspoon of baking soda and allow to soak.

Silver: Clean with toothbrush.

Meat Grinder: Before washing, run a piece of bread through it.

Tin pie pans: Remove rust by dipping a raw potato in cleaning powder and scouring.

Oven: Following a spill, sprinkle with salt immediately. When oven is cool, brush off burnt food and wipe with a damp sponge.

Sprinkle bottom of oven with automatic dishwasher soap and cover with wet paper towels. Let stand for a few hours.

A quick way to clean oven parts is to place a bath towel in the bathtub and pile all removable parts from the oven onto it. Draw enough hot water to just cover the parts and sprinkle a cup of dishwasher soap over it. While you are cleaning the inside of the oven, the rest will be cleaning itself.

An inexpensive oven cleaner: Set oven on warm for about 20 minutes, then turn off. Place a small dish of full strength ammonia on the top shelf. Put a large pan of boiling water on the bottom shelf and let it set overnight. In the morning, open oven and let it air a while before washing off with soap and water. Even the hard baked-on grease will wash off easily.

Plastic cups, dishes and containers: Coffee or tea stains can be scoured with baking soda. Or, fill the stained cup with hot water and drop in a few denture cleanser tablets. Let soak for 1 hour.

To rid foul odors from plastic containers, place crumpled-up newspaper (black and white only) into the container. Cover tightly and leave overnight.

Refrigerator: To help eliminate odors fill a small bowl with charcoal (the kind used for potted plants) and place it on a shelf in the refrigerator. It absorbs odors rapidly.

An open box of baking soda will absorb food odors for at least a month or two.

A little vanilla poured on a piece of cotton and placed in the refrigerator will eliminate odors.

To prevent mildew from forming, wipe with vinegar. The acid effectively kills the mildew fungus. Use a glycerine soaked cloth to wipe sides and shelves. Future spills wipe up easily. And after the freezer has been defrosted, coat the inside coils with glycerin. The next time you defrost, the ice will loosen quickly and drop off in sheets.

Wash inside and out with a mixture of 3 tablespoons of baking soda in a quart of warm water.

Sinks: For a sparkling white sink, place paper towels across the bottom of your sink and saturate with household bleach. Let set for 1/2 hour or so.

Rub stainless steel sinks with lighter fluid if rust marks appear. After the rust disappears wipe with your regular kitchen cleanser.

Use a cloth dampened with rubbing alcohol to remove water spots from stainless steel.

Spots on stainless steel can also be removed with white vinegar.

Club soda will shine up stainless steel sinks in a jiffy.

Teakettle: To remove lime deposits, fill with equal parts of vinegar and water. Bring to a boil and allow to stand overnight.

To unplug sink: Pour in one cup or more of white vinegar and a cup of baking soda, then add hot water out of the tap at full force. When bubbling stops, drain should be clear. Need no plumber.

Fingerprints off the kitchen door and walls: Take away fingerprints and grime with a solution of half water and half ammonia. Put in a spray bottle from one of these expensive cleaning products, you'll never have to buy them again.

Formica tops: Polish them to a sparkle with club soda.



WINDOWS

Window cleaning: Newspaper is much cheaper to use for drying freshly-washed windows than paper toweling.

Drying windows: Dry the inside panes with up-and-down strokes, and the outside with back-and-forth motions to see which side has smudges.

Window cleaning solution: The best mixture for cleaning windows is 1/2 cup of ammonia, 1 cup of white vinegar and 2 tablespoons of cornstarch in a bucket of warm water.

Cold weather window cleaning: Add 1/2 cup of rubbing alcohol to the above mixture on cold days to prevent ice from forming on your windows.

Clean window sills: To remove spots on window sills, rub the surface with rubbing alcohol.

Aluminum window frames: Use cream silver polish to clean aluminum window frames.

Grease spots: Any cola drink will remove grease spots from windows.

Numbered windows: When cleaning, painting or changing windows, number each with a ballpoint pen and put the corresponding number inside the proper window frame.

Window shade tears: Repair with colorless nail polish. This works wonders on small tears.

Cleaning screens: For a thorough job, brush on both sides with kerosene. Wipe with a clean cloth. This method will also prevent rust from forming. Be sure to dust the screens with a small paintbrush before you begin.

For small jobs, rub a brush-type hair roller lightly over the screen and see

how easily it picks up all the lint and dust.



FURNITURE

To remove polish build-up: Mix 1/2 cup vinegar and 1/2 cup water. Rub with a soft cloth that has been moistened with solution,

but wrung out. Dry immediately with another soft cloth.

Polishing carved furniture: Dip an old soft toothbrush into furniture polish and brush lightly.

Cigarette burns: For small minor burns, try rubbing mayonnaise into the burn. Let set for a while before wiping off with a soft cloth.

Burns can be repaired with a wax stick (available in all colors at paint and hardware stores). Gently scrape away the charred finish. Heat a knife blade and melt the shellac stick against the heated blade. Smooth over damaged area with your finger. But always consider the value of the furniture. It might be better to have a professional make the repair.

Or, make a paste of rottenstone (available at hardware stores) and salad oil. Rub into the burned spot only, following the grain of wood. Wipe clean with a cloth that has been dampened in oil. Wipe dry and apply your favorite furniture polish.

Removing paper that is stuck to a wood surface: Do not scrape with a knife. Pour any salad oil, a few drops at a time, on the paper. Let set for a while and rub with a soft cloth. Repeat the procedure until the paper is completely gone.

Old decals can be removed easily by painting them with several coats of white vinegar. Give the vinegar time to soak in, then gently scrape off.

Scratches: Make sure you always rub with the grain of the wood when repairing a scratch. Walnut: Remove the meat from a fresh, unsalted walnut or pecan nut. Break it in half and rub the scratch with the broken side of the nut.

Mahogany: You can either rub the scratch with a dark brown crayon or buff with brown paste wax.

Red Mahogany: Apply ordinary iodine with a number 0 artist's brush.

Maple: Combine equal amounts of iodine and denatured alcohol. Apply with a Q-tip, then dry, wax and buff.

Ebony: Use black shoe polish, black eyebrow pencil or black crayon.

Teakwood: Rub very gently with 0000 steel wool. Rub in equal amounts of linseed oil and turpentine.

Light-finished furniture: Scratches can be hidden by using tan shoe polish. However, only on shiny finishes.

For all minor scratches: Cover each scratch with a generous amount of white petroleum jelly. Allow it to remain on for 24 hours. Rub into wood. Remove excess and polish as usual.

For larger scratches: Fill by rubbing with a wax stick (available in all colors at your hardware or paint store) or a crayon that matches the finish of the wood.

Three solutions to remove white water rings and spots: Dampen a soft cloth with water and put a dab of toothpaste on it. For stubborn stains, add baking soda to the toothpaste.

Make a paste of butter or mayonnaise and cigarette ashes. Apply to spot and buff away.

Apply a paste of salad oil and salt. Let stand briefly. Wipe and polish.

Marble table-top stains: Sprinkle salt on a fresh-cut lemon. Rub very

lightly over stain. Do not rub hard or you will ruin the polished surface. Wash off with soap and water.

Scour with a water and baking soda paste. Let stand for a few minutes before rinsing with warm water.

Removing candle wax from wooden finishes: Soften the wax with a hair dryer. Remove wax with paper toweling and wash down with a solution of vinegar and water.

Plastic table tops: You will find that a coat of Turtle Wax is a quick pick-up for dulled plastic table tops and counters.

Or, rub in toothpaste and buff.

Glass table tops: Rub in a little lemon juice. Dry with paper towels and shine with newspaper for a sparkling table.

Toothpaste will remove small scratches from glass.

Chrome cleaning: For sparkling clean chrome without streaks, use a cloth dampened in ammonia.

Removing glue: Cement glue can be removed by rubbing with cold cream, peanut butter or salad oil.

Wicker: Wicker needs moisture, so use a humidifier in the winter.

To prevent drying out, apply lemon oil occasionally.

Never let wicker freeze. This will cause cracking and splitting.

Wash with a solution of warm salt water to keep from turning yellow.

Metal furniture: To remove rust, a good scrubbing with turpentine should accomplish this job.

Vinyl upholstery: Never oil vinyl as this will make it hard. It is almost impossible to soften again. For proper cleaning, sprinkle baking soda or vinegar on a rough, damp cloth, then wash with a mild dishwashing soap.

Soiled upholstery: Rub soiled cotton upholstery fabric with an artgum eraser or squares (purchased at stationery store).

Leather upholstery: Prevent leather from cracking by polishing regularly with a cream made of 1 part vinegar and 2 parts linseed oil. Clean with a damp cloth and saddle soap.

Grease stains: Absorb grease on furniture by pouring salt on the spill immediately.

LAUNDRY

Spot removal:

Two parts water and one part rubbing alcohol are the basic ingredients in any commercial spot remover.

Clean machine: Fill your washer with warm water and add a gallon of distilled vinegar. Run the machine through the entire cycle to unclog and clean soap scum from hoses.

Too sudsy: When your washer overflows with too many suds, sprinkle salt in the water - the suds will disappear.

Hand-washed sweaters: Add a capful of hair cream rinse to the final rinse water when washing sweaters.

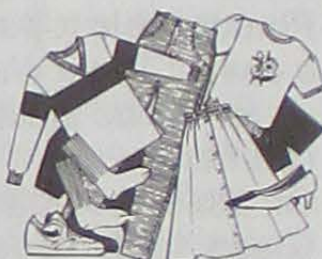
Whiter fabric: Linen or cotton can be whitened by boiling in a mixture of 1 part cream of tartar and 3 parts water.

Whitest socks: Boil socks in water to which a lemon slice has been added.

Freshen feather pillows: Put feather pillows in the dryer and tumble, then air outside.

Lintless corduroy: While corduroy is still damp, brush with clothes brush to remove all lint.

Ironing tip: When pressing pants, iron the top part on the wrong side. Iron the legs on the right side. This gives the pockets and waistband a smooth look.



Creaseless garments: Take an empty cardboard paper towel roll and cut through it lengthwise. Slip it over a wire hanger to prevent a crease from forming in the garment to be hung on the hanger.

Remove creases from hems: Sponge material with a white vinegar solution and press flat to remove creases in hems.

Bedroom ironing: A good place to iron is in the bedroom. Closets are nearby to hang clothes up immediately, and the bed makes a good surface on which to fold clothes and separate items into piles.

Ironing board cover: When washing your ironing board cover, attach it to the board while it is still damp. When it dries, the surface will be completely smooth.

Starch your ironing board cover. This helps the cover stay clean longer.

Lint remover: Add a yard of nylon netting to your dryer with the wet clothes - it will catch most of the lint.

Washer advice: Button all buttons on clothing and turn inside out before putting into the washer. Fewer buttons will fall off and garments will fade less if turned inside out.

Soiled collars: Use a small paintbrush and brush hair shampoo into soiled shirt collars before laundering. Shampoo is made to dissolve body oils.

Faster ironing: Place a strip of heavy-duty aluminum foil over the entire length of the ironing board and cover with pad. As you iron, heat will reflect through the underside of the garment.

Ironing embroidery: Lay the embroidery piece upside-down on a Turkish towel before ironing. All the little spaces between the embroidery will be smooth when you are finished.

BATHROOM

Bathroom tile: Rub ordinary car wax into your ceramic bathroom tiling to clean and refinish. Let it stand 10 minutes and buff or polish.

Use a typewriter eraser to clean spaces between bathroom tiles.

Ceramic tiles

Before cleaning bathroom tiles, run the shower on *Hot* for 5 minutes to steam the dirt loose.

Metal shower head: To clean mineral deposits from a clogged shower head, boil it with half a cup of white vinegar.

Plastic shower head: Soak a plastic shower head in a hot vinegar and water mixture to unclog it.

Shower curtains: Before hanging shower curtains, soak them in a salt water solution to prevent mildew.

To remove mildew on shower curtains, wash them in hot soapy water, rub with lemon juice, and let them dry in the sun.

Bathroom fixtures: Dip a cloth in kerosene or rubbing alcohol to remove scum from your bathroom fixtures.

Removing film and scum: Use a piece of very fine steel wool to remove film from the shower stall.

Porcelain cleaners: Lighter fluid will remove most dark, stubborn stains from sink and bathtub.

Easy bathroom cleaning: Clean your bathroom after a steamy bath or shower. The walls, fixtures, etc., will be much easier to clean because the steam will have loosened the dirt.

Yellowed bathtub: Restore whiteness to a yellowed bathtub by rubbing with a salt and turpentine solution.

Toilet: Sometimes moisture accumulates around the toilet,



leaving puddles on the floor. Prevent the condensation by applying a coat of floor wax to the tank.

Rust stains: Spread a paste of hydrogen peroxide and cream of tartar over the area, and add a few drops of ammonia. Let it stand for 2 or 3 hours.

Medicine cabinet: It's a good idea to go through your medicine cabinet several times a year and throw away medicines that are old or outdated. They could be dangerous.

Cleaning shower doors: Rub glass shower doors with a white vinegar-dampened sponge to remove soap residue.

Steam-free mirror: If your medicine cabinet has two sliding mirrors, slide one side open before taking a bath or shower. After the bath, you'll have one clean mirror instead of two that are steamed and foggy.

Steamy bathrooms: If you run about an inch of cold water before adding hot water to your bath, there will be absolutely no steam in your bathroom.

Rusty tile: Rust stains on tile can be removed with kerosene.

Sink cleaners: Light stains can often be removed by simply rubbing with a cut lemon.

For dark stains, and especially rust, rub with a paste of borax and lemon juice.

Sweet-smelling bathroom: Place a fabric softener sheet in the wastepaper basket. Or, add a touch of fragrance by dabbing your favorite perfume on a light bulb. When the light is on, the heat releases the aroma.

HANDY PERSON

Rule to remember: Left is loose and right is tight.



Plywood cutting: Put a strip of masking tape at the point of plywood where you plan to begin sawing to keep it from splitting.

Locating wall studs: Move a pocket compass along the wall. When the needle moves, usually the stud will be located at that point. Studs are usually located 16" apart.

Fraying rope: Shellac the ends of the rope to prevent fraying. Heat the cut end of the nylon cord over a match flame to bond the end together.

Loosening rusty bolts: Apply a cloth soaked in any carbonated soda to loosen rusted bolts.

Sandpaper hint: By dampening the backing on sandpaper, it will last longer and resist cracking.

Tight screws: Loosen a screw by putting a couple of drops of peroxide on it and letting it soak in.

Loose drawer knobs: Before inserting a screw into the knob, coat with fingernail polish to hold it tightly.

Screwdriver tip: Keep a screwdriver tip from slipping by putting chalk on the blade.

Loosening joints: Loosen old glue by applying vinegar from an oil can to the joint.

Sticking drawers: Rub the runners of drawers with a candle or a bar of soap so they will slide easily.

Stubborn locks: Dip key into machine oil or graphite to loosen up a lock.

Slamming doors: Reduce the noise level in your home by putting self-sticking protective pads on the inside edges of cabinet doors, cupboards, etc.

Icy sidewalk tip: Sprinkle sand through a strainer on an icy sidewalk to distribute evenly.

Garbage can tip: Garbage cans will last longer if they are painted. Use primer on galvanized metal, then paint with matching house paint.

Towel rack tip: Replace the bottom screws of towel racks with cup hooks. Small towels and washcloths may be hung from them.

Screen repair: Use clear cement glue to repair a small hole in wire screening.

Hairdryer hint: Thaw a frozen pipe with a portable hairdryer.

Finding a gas leak: Lather the pipes with soapy water. The escaping gas will cause the soapy water to bubble, revealing the damaged areas. You can make a temporary plug by moistening a cake of soap and pressing it over the spot. When the soap hardens, it will effectively close the leak until the gasman comes.

Hanging pictures: Before you drive nails into the wall, mark the spot with an X of cellophane tape. This trick will keep the plaster from cracking when you start hammering.

When the landlady says, "no nails in the wall", hang pictures with sewing machine needles. They will hold up to 30 pounds.

BEAUTY

Natural facial:

A good and inexpensive facial to try; mash half an avocado, spread thickly on face and remove with warm water 20 minutes later.

Your own manicure: Soak your hands in warm water with lemon juice added. Take them out after about 8 minutes. Rub some lemon peel over the nails while you gently push back the cuticle. Then buff with a soft cloth.

Baking soda for teeth: Baking soda instead of toothpaste does as good a job. It also works on dentures.



Sunburn relief: A wonderful relief for sunburn pain is the application of mint-flavored milk of magnesia to the skin.

Dab on some apple cider vinegar. The pinkness and pain will disappear.

For a super bad burn, put on a paste of water and baking soda.

Hair shiner: These hair rinses will remove soap film and shine hair: For blondes, rinse water containing a few tablespoons of lemon juice. For brunettes and redheads, a few tablespoons of apple cider vinegar in the rinse water.

Broken lipstick: Hold a match under the broken ends until they melt enough to adhere to each other. Cool in the refrigerator.

Nail polish: Don't throw away that gummy nail polish. Place the bottle in boiling water to bring it back to its original consistency.

Instead of storing the nail polish bottle right-side-up, put it on its side. Stir it up with the brush when you need some.

Before you put on polish, put vinegar on your nails. It will clean them completely and help nail polish stick longer.

Cleaning combs and brushes: A solution of baking soda and hot water cleans hair brushes and combs.

Hair conditioner: Mayonnaise gives dry hair a good conditioning. Apply 1/2 cup mayonnaise to dry, unwashed hair. Cover with plastic bag and wait for 15 minutes. Rinse a few times before shampooing thoroughly.

Tired eyes: Place fresh cold cucumbers slices on your eyelids to rid them of redness and puffiness.

Dry skin: The best remedy is also the easiest to find: water. Drink six to eight glasses a day and eat foods high in water content, such as fruits

and leafy vegetables. Use a humidifier in winter.

Bathe in mildly salted water (1/2 cup of salt per bath) to rehydrate your body, then apply a cream or lotion that will act as a moisturizer.

For an easy facial, mash a banana, add a tablespoon of honey and smooth the mixture on your face. After 15 minutes, rinse with warm water.

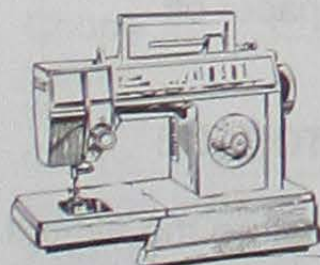
Oily skin: To help normalize skin, avoid spicy foods, reduce oils and fats in your diet and drink six to eight glasses of water daily.

For a refreshing facial, fill a spray bottle with tepid water and 1 teaspoon of salt, then spray the solution on your face. Blot dry with a towel. For a quick steam, heat a wet towel in the microwave and form a tent over your face.

Here's a quick facial mask: Mix 3 tablespoons each of mineral water and Fuller's Earth and apply the paste to your face. After 20 minutes rinse with warm water. Or try a paste of warm water and oatmeal for 10 minutes.

Pimples: Here's some single-pimple camouflage: use a little green eye shadow to neutralize the redness, then cover with foundation.

Puffiness: If your hands are puffy, hold them over your head for a couple of minutes; repeat at least three or four times a day. Elevate swollen feet for a minimum of 15 minutes.



SEWING

Threading needles: Apply some hair spray

to your finger and to the end of the thread, stiffening it enough to be easily threaded.

Sharp machine needles: Sharpen sewing machine needles by stitching through sandpaper.

Buttons: Coat the center of buttons with clear nail polish and they'll stay on longer.

On a four-hole button, sew through two holes at a time, knotting the thread and tying off for each set of holes.

Use dental floss or elastic thread to sew buttons on children's clothing. The buttons will take a lot of wear before falling off.

Dropped needles and pins: Instead of groping around your floor for fallen needles and pins, keep a magnet in your sewing kit, simply sweep it across your rug to pick up those strays.

Sewing machine oil: Stitch through a blotter after oiling your sewing machine to prevent extra oil from damaging your garments.

Patterns: Instead of trying to fit used patterns back into their envelopes, store them in plastic bags.

Keep patterns from tearing and wrinklefree by spraying with spray starch.

Heavy seams: Rub seams with a bar of soap to allow a sewing machine needle to easily pass through.

Sewing on nylon: When repairing seams on nylon jackets or lingerie, make the job a lot simpler by placing a piece of paper underneath the section you are going to sew. Stitch through the fabric and paper. When finished, tear the paper off.

FOOD STORAGE

Baking Powder: Store the airtight tins in a cool, dry place and replace every 6 months.

Baking Soda: Store in an airtight container in a cool, dry place for

about 6 months.

Beans: Once a package is opened, dry beans should not be refrigerated but stored in airtight containers in a cold, dry place. They will keep for about 1 year.

Bread: A rib of celery in your bread bag will keep the bread fresh for a longer time.

Brown Sugar: Wrap in a plastic bag and store in a tightly covered container for up to 4 months.

Cakes: Putting half an apple in the cake box will keep cake moist.

Celery and lettuce: Store in refrigerator in paper bags instead of plastic. Leave the outside leaves and stalks on until ready to use.

Cheese: Wrap cheese in a vinegar-dampened cloth to keep it from drying out.

Chocolate: Store chocolate for no longer than 1 year. It should be kept in a cool, dry place with a temperature range of 60°F to 75°F. If the storage temperature exceeds 75°F, some of the cocoa butter may separate and rise to the surface, causing a whitish color to the chocolate called "bloom".

Cocoa: Store cocoa in a glass jar in a dry and cool place.

Cookies: Place crushed tissue paper on the bottom of your cookie jar.

Cottage Cheese: Store carton upside-down. It will keep twice as long.

Dried Fruit: Store unopened packages of dried fruit in a cool, dry place or in the refrigerator. Store opened packages in an airtight container in the refrigerator or freezer for 6 to 8 months.

Flour: Store flour in a clean, tightly covered container for up to 1 year at room temperature.

Garlic: Garlic should be stored in a dry, airy place away from light. Garlic cloves can be kept in the freezer.

When ready to use, peel and chop before thawing. Or, garlic cloves will never dry out if you store them in a bottle of cooking oil. After the garlic is used up, you can use the garlic flavored oil for salad dressing.

Granulated Sugar: Store sugar in a tightly covered container for up to 2 years.

Honey: Put honey in small plastic freezer containers to prevent sugaring. It also thaws out in a short time.

Ice Cream: Ice cream that has been opened and returned to the freezer sometimes forms a waxlike film on the top. To prevent this, after part of the ice cream has been removed press a piece of waxed paper against the surface and reseal the carton.

Lemons: Store whole lemons in a tightly sealed jar of water in the refrigerator. They will yield much more juice than when first purchased.

Limes: Store limes, wrapped in tissue paper, on lower shelf of the refrigerator.

Marshmallows: They will not dry out if stored in the freezer. Simply cut with scissors when ready to use.

Nuts: For optimum freshness and shelf life, nuts should be stored, preferably unshelled, in a tightly covered container in the refrigerator or freezer and shelled as needed. (The shell and the cool temperature keep the nut from turning rancid.)

Olive Oil: You can lengthen the life of olive oil by adding a cube of sugar to the bottle.

Onions: Wrap individually in foil to keep them from becoming soft or sprouting. Once an onion has been cut in half, rub the leftover side with butter and it will keep fresh longer.

Parsley: Keep fresh and crisp by storing in a wide-mouth jar with a tight lid. Parsley may also be frozen.

Popcorn: It should always be kept in the freezer. Not only will it stay fresh, but freezing helps eliminate "old-maids".

Potatoes: Potatoes, as well as other root vegetables, keep well in a dark, cool place, preferably a cellar. Store them in a dark brown paper bag.

Shredded Coconut: Store in a cool, dry place in an airtight container. Do not store in the refrigerator.

Smoked Meats: Wrap ham or bacon in a vinegar-soaked cloth, then in waxed paper to preserve freshness.

Soda Crackers: Wrap tightly and store in the refrigerator.

Strawberries: Keep in a colander in the refrigerator. Wash just before serving.

Vegetables with tops: Remove the tops on carrots, beets, etc. before storing.

Yeast: Store in the freezer or refrigerator in a closed plastic bag.

MEAT

Beef

Roasts	3 to 5 days
Steaks	3 to 5 days
Ground beef, stew meat	2 days

Pork

Roasts	3 to 5 days
Hams, picnics, whole .	7 days
Bacon	7 to 14 days
Chops, spareribs	2 to 3 days
Pork sausage	1 to 2 days

Veal

Roasts	3 to 5 days
Chops	4 days

Lamb

Roasts	3 to 5 days
Chops	3 to 5 days
Ground lamb	2 days

Poultry

Chickens, whole	1 to 2 days
Chickens, cut up	2 days
Turkeys, whole	1 to 2 days

Cooked meats

Leftover cooked meats . 4 days
 Cooked poultry 2 days
 Hams, picnics 7 days
 Frankfurters 4 to 5 days
 Sliced luncheon meats . 3 days
 Unsliced bologna 4 to 6 days

TO REMOVE STAINS FROM WASHABLES

Alcoholic beverages: Pre-soak or sponge fresh stains immediately with cold water, then with cold water and glycerin. Rinse with vinegar for a few seconds if stain remains. These stains may turn brown with age. If wine stain remains, rub with concentrated detergent; wait 15 minutes; rinse. Repeat if necessary. Wash with detergent in hottest water safe for fabric.

Baby Food: Use liquid laundry detergent and brush into stain with an old toothbrush then wash.

Blood: Pre-soak in cold or warm water at least 30 minutes. If stain remains, soak in lukewarm ammonia water (3 tablespoons per gallon water). Rinse. If stain remains, work in detergent, and wash, using bleach safe for fabric.

Candle wax: Use a dull knife to scrape off as much as possible. Place fabric between 2 blotters or facial tissues and press with warm iron. Remove color stain with non-flammable dry cleaning solvent. Wash with detergent in the hottest water safe for fabric.

Chewing gum: Rub area with ice, then scrape off with a dull blade. Sponge with dry cleaning solvent; allow to air dry. Wash in detergent and hottest water safe for fabric.

Chocolate and cocoa: Sponge with club soda.

Coffee: Sponge or soak with cold water as soon as possible. Wash,

using detergent and bleach safe for fabric. Remove cream grease stains with non-flammable dry cleaning solvent. Wash again.

Cosmetics: Loosen stain with a non-flammable dry cleaning solvent. Rub detergent in until stain outline is gone. Wash in hottest water and detergent safe for fabric.

Crayon: Scrape with dull blade. Place item between paper towels, press with warm iron. Repeat, only with new paper towels. Wash in hottest water safe for fabric, with detergent and 1 to 2 cups of baking soda. NOTE: If full load is crayon stained, take to cleaners or coin-op dry cleaning machines.

Deodorants: Sponge area with white vinegar. If stain remains, soak with denatured alcohol. Wash with detergent in hottest water safe for fabric.

Dye: If dye transfers from a non-colorfast item during washing, immediately bleach discolored items. Repeat as necessary BEFORE drying. On whites use color remover. CAUTION: Do not use color remover in washer, or around washer and dryer as it may damage the finish.

Egg: Scrape with dull blade. Pre-soak in cold or warm water for at least 30 minutes. Remove grease with dry cleaning solvent. Wash in hottest water safe for fabric, with detergent.

Fruit and fruit juices: Sponge with cold water. Pre-soak in cold or warm water for at least 30 minutes. Wash with detergent and bleach safe for fabric.

Grass: Pre-soak in cold water for at least 30 minutes. Rinse. Pre-treat with detergent, hot water, and bleach safe for fabric. On acetate and colored fabrics, use 1 part of alcohol to 2 parts water.

Grease, oil, tar or butter: Method 1: Use powder or chalk absorbents to remove as much grease as possible. Pre-treat with detergent or non-flammable dry cleaning solvent, or liquid shampoo. Wash in hottest water safe for fabric, using plenty of detergent.

Method 2: Rub spot with lard and sponge with a non-flammable dry cleaning solvent. Wash in hottest water and detergent safe for fabric.

Ink-ball-point pen: Spray with hair spray and launder.

Ketchup or Mustard: Scrape excess. Use commercial spot remover. Rinse; launder.

Liquor: Sponge stain with cool water. Soak in solution of cool water and dishwashing liquid: 30 minutes for light-stain, overnight for heavy. Rinse; launder.

Meat Juices: Scrape with dull blade. Pre-soak in cold or warm water for 30 minutes. Wash with detergent and bleach safe for fabric.

Mildew: Pre-treat as soon as possible with detergent. Wash. If any stain remains, sponge with lemon juice and salt. Dry in sun. Wash, using hottest water, detergent and bleach safe for fabric. NOTE: Mildew is very hard to remove; treat promptly.

Milk, cream, ice cream: Pre-soak in cold or warm water for 30 minutes. Wash. Sponge any grease spots with non-flammable dry cleaning solvent. Wash again.

Mud: Let stain dry. Brush off; launder. Tough stain: Soak in cool water for 30 minutes; work liquid laundry detergent into stain; rinse.

Nail polish: Sponge with acetone-based polish remover or banana oil. Wash. If stain remains, sponge with denatured alcohol to which a few drops of ammonia have been added. Wash again. Do not use polish remover on acetate or

triacetate fabrics.

Paint: Oil base: Sponge stains with turpentine, cleaning fluid or paint remover. Pre-treat and wash in hot water. For old stains, sponge with banana oil and then with non-flammable dry cleaning solvent. Wash again.

Water base: Scrape off paint with dull blade. Wash with detergent in water as hot as is safe for fabric.

Perspiration: Sponge fresh stain with ammonia; old stain with vinegar. Pre-soak in cold or warm water. Rinse. Wash in hottest water safe for fabric. If fabric is yellowed, use bleach. If stain still remains, dampen and sprinkle with meat tenderizer, or pepsin. Let stand 1 hour. Brush off and wash. For persistent odor, sponge with colorless mouthwash.

Rust: Soak in lemon juice and salt or oxalic acid solution (3 tablespoons oxalic acid to 1 pint warm water). A commercial rust remover may be used. CAUTION: HANDLE POISONOUS RUST REMOVERS CAREFULLY. KEEP OUT OF REACH OF CHILDREN. NEVER USE OXALIC ACID OR ANY RUST REMOVER AROUND WASHER OR DRYER AS IT CAN DAMAGE THE FINISH. SUCH CHEMICALS MAY ALSO REMOVE PERMANENT PRESS FABRIC FINISHES.

Scorch: Wash with detergent and bleach safe for fabric. On heavier scorching, cover stain with cloth dampened with hydrogen peroxide. Cover this with dry cloth and press with hot iron. Rinse well. CAUTION: Severe scorching cannot be removed because of fabric damage.

Soft drinks: Sponge immediately with cold water and alcohol. Heat and detergent may set stain.

Tea: Sponge or soak with cold water as soon as possible. Wash using detergent and bleach safe for fabric.

STAINS ON CARPETS AND FLOORS

Flatten shag carpets: Raise flattened spots in your carpet where heavy furniture has stood by using a steam iron. Hold the iron over the spot and build up a good steam. Then brush up the carpet.

Candle drippings: For spilled wax on carpet, use a brown paper bag as a blotter and run a hot iron over it, which will absorb the wax.

Dog stains: Blot up excess moisture with paper towel. Pour club soda on the spot and continue blotting. Lay a towel over the spot and set a heavy object on top in order to absorb all the moisture.

Rug care: When washing and drying foam-backed throw rugs, never wash in hot water, and use the "air only" dryer setting to dry. Heat will ruin foam.

Cleaning rugs: If the rug is only slightly dirty, you can clean it with cornmeal. Use a stiff brush to work the cornmeal into the pile of the rug. Take it all out with the vacuum.

Spills on the rug: When spills happen, go to the bathroom and grab a can of shaving cream. Squirt it on the spot then rinse off with water.

Ballpoint ink marks: Saturate the spots with hairspray. Allow to dry. Brush lightly with a solution of water and vinegar.

Glue: Glue can be loosened by saturating the spot with a cloth soaked in vinegar.

Repairing braided rugs: Braided rugs often rip apart. Instead of sewing them, use clear fabric glue to repair. It's that fast and easy.

Repairing a burn: Remove some fuzz from the carpet, either by shaving or pulling out with a tweezer. Roll into the shape of the burn. Apply a good cement glue to the backing

of the rug and press the fuzz down into the burned spot. Cover with a piece of cleansing tissue and place a heavy book on top. This will cause the glue to dry very slowly and will get the best results.

Spot remover for outdoor carpeting: Spray spots liberally with a pre-wash commercial spray. Let it set several minutes, then hose down and watch the spots disappear.

Blood on the rug: When you get blood on your rug, rub off as much as you can at first, then take a cloth soaked in cold water and wet the spot, wiping it up as you go. If a little bit remains, pour some ammonia onto the cool, wet cloth and lightly wipe that over the spot, too. Rinse it right away with cold water.

Crayon Marks: Use silver polish to remove from vinyl tile or linoleum.

Spilled nail polish: Allow to almost dry, then peel off of waxed floors or tile.

Tar spots: Use paste wax to remove tar from floors. Works on shoes, too.

Dusting floors: Stretch a nylon stocking over the dust mop. After using, discard the stocking and you will have a clean mop.

Varnished floors: Use cold tea to clean woodwork and varnished floors.

Spilled grease: Rub floor with ice cubes to solidify grease. Scrape up excess and wash with soapy water.

Quick shine: Put a piece of waxed paper under your dust mop. Dirt will stick to the mop and the wax will shine your floors.

Unmarred floors: Put thick old socks over the legs of heavy furniture when moving across floors.

Wood floor care: Never use water or water-based cleaners on wood floors. Over a period of time, warping and swelling will develop.

Heel marks: Just take a pencil eraser and wipe them off.

Floor polisher: When cleaning the felt pads of your floor polisher, place the pads between layers of newspaper and press with an iron to absorb built-up wax.

Garage floors: In an area where a large amount of oil has spilled, lay several thicknesses of newspaper. Saturate the paper with water; press flat against the floor. When dry, remove the newspaper and the spots will have disappeared.

Basement floors: Sprinkle sand on oily spots, let it absorb the oil, and sweep up.

Fix those loose linoleum edges: Take a knife with some tile adhesive and work it under the loose part. Put a heavy weight, such as a big stack of books, over the whole area and keep it weighed down for the amount of time it says on the can of adhesive.

99 WAYS YOU CAN SAVE THE EARTH



1. Buy plain white toilet paper, tissues and paper towels. Dyed paper pollutes.

2. Instead of ammonia-based cleaners, use vinegar and water or baking soda and water.

3. Walk or ride a bike instead of using the car for short trips.

4. Reuse your grocery bags, or buy a string bag you can carry your groceries in.

5. Buy eggs and milk in cardboard cartons instead of plastic. Or recycle your plastic milk jugs.

6. Take showers instead of baths to save water and energy.

7. Keep your car tires inflated to the proper pressure to improve fuel economy and extend the life of the tires.

8. Don't use electric tools and appliances when hand-operated ones will do the job.

9. Choose a light-colored car with tinted glass to lessen the need for air conditioning.

10. Use mulch and natural ground covers in gardens to contain moisture and conserve water use.

11. Instead of ironing, hang clothes in the bathroom while you shower.

12. Turn off lights in rooms you aren't using.

13. Replace incandescent bulbs with more efficient screw-in compact fluorescent bulbs or fluorescent fixtures.

14. Use high-quality multigrade oil in your car to increase fuel efficiency.

15. Air-dry laundry when possible.

16. Avoid keeping refrigerator or freezer too cold. Government recommended temperature for fresh food is 38 degrees F. For freezers it's 5 degrees F.

17. Reuse aluminum foil and plastic wrap, or avoid them completely by using plastic containers.

18. Plant trees. Strategically located, trees can reduce heating and cooling bills, help prevent soil erosion and reduce air pollution.

19. Water lawns at night to limit evaporation.

20. Compost your leaves and yard waste. You'll improve your garden's soil and avoid sending yard waste to the landfill.

21. Minimize the use of garden chemicals by weeding.

22. Be sure to return your recyclable cans and bottles for your deposit.

23. Don't pour oil and gasoline into the sewer system or on the ground. Take to your local collection site.

24. Buy rechargeable batteries.

25. Use cold water rather than hot water whenever possible for kitchen tasks and laundry.

26. Share rides to work or use public transportation.
27. Buy a fuel-efficient car. Aim for 35 miles per gallon.
28. Read labels and research the products you buy.
29. Don't use excessive amounts of detergent. Presoak dirty laundry.
30. Insulate your basement to save 1/3 on your heat bill.
31. Buy products packaged in recycled paper or cardboard.
32. Caulk and weatherstrip doors and windows.
33. Ask your utility company for an energy audit to assess energy waste in your home.
34. Install water-conserving showerheads and sink-faucet aerators.
35. Insulate your water heater. Turn it down to 121 degrees F.
36. Limit or eliminate your use of "disposable" items.
37. Close off unused areas of your home. Shut off or block heat vents.
38. Compare Energy Guide labels when buying appliances.
39. Keep the fireplace damper closed to prevent heat escape. Keep glass fireplace doors closed when a fire is burning.
40. Use an automatic setback thermostat to turn down heat when you're not home and at night.
41. Capture free solar heat in the winter by opening curtains on south windows during sunny days.
42. Clean lamps and lighting fixtures regularly.
43. Thaw frozen foods in the refrigerator to reduce cooking times and to ensure food safety.
44. Tune up your car regularly for maximum gas mileage.
45. Remove unnecessary items from your car. Each 100 pounds of weight decreases fuel efficiency by 1%.
46. Don't speed; accelerate and slow down gradually.
47. Use latex and other water-based paints instead of toxic enamel or oil-based paints.
48. Repair leaks and drips as soon as they occur. A moderate drip wastes two gallons of water or more per hour.
49. Rent or borrow items you don't often use. Efficient use of products conserves resources.
50. Use small electric pans and ovens to reduce energy use.
51. Run your dishwasher only when full, and use the energy saver cycle.
52. Avoid products made from tropical rainforest woods.
53. Request a Household Hazardous Waste Wheel, showing alternatives to hazardous products, from the Department of Natural Resources, 1-800-DNR-1025 (cost \$1.25).
54. For furniture polish, use 1 part lemon juice, 2 parts olive or vegetable oil.
55. For a toilet bowl cleaner, use baking soda and a brush.
56. As a general cleaner, use 1/2 cup borax in 1 gallon water.
57. Instead of chemical air fresheners, set a cotton ball soaked in vanilla extract on a saucer. (Keep away from children and pets.)
58. Instead of toxic mothballs, use cedar chips.
59. Roach killer: mix baking soda and powdered sugar. (Keep away from children and pets.)
60. Ant killer: Use chili powder to hinder entry.
61. Do not toss toxic chemicals into your garbage. Call the Groundwater Hotline 1-800-DNR-1025 to find out how to dispose, or keep them for a Toxic Cleanup Day.
62. Use pump sprays instead of aerosols.
63. Use a holding tank on your boat and don't empty toilet tanks into the

water.

64. Don't litter. Pick up any you see, especially plastic rings that can trap birds and fish.

65. Take your own coffee cup to work instead of using disposables.

66. Pour a kettle of boiling water down the drain weekly to melt fat that may be building up.

67. Take old tires to a landfill or processing center for proper disposal.

68. Buy recycled paper, stationery and greeting cards.

69. Shop at your local farmers market. Products are fresh, packaging is minimal and foods are less likely to be made with preservatives.

70. Start an organic garden.

71. Buy in bulk to avoid over packaging.

72. Avoid optional equipment on cars that decreases fuel economy.

73. When having air conditioners serviced, choose companies that will recycle freon instead of venting it.

74. Keep lint screen in dryer clean.

75. Use a trash bag in your car instead of throwing trash out the window.

76. Consider using cloth diapers instead of disposal ones. Check for a local diaper service.

77. Urge your local community to start a curbside recycling program.

78. Start a recycling program where you work. Contact the Department of Natural Resources about the Waste Reduction Assistance Program (WRAP) at 1-800-DNR-1025.

79. Insulate your waterbed by adding an inch of polyethylene foam around the edges and the bottom.

80. To remove rust, rub rust spots briskly with a piece of crumpled aluminum foil, shiny side up.

81. Give leftover paint to theater groups, schools or church groups.

82. Call your local humane society to see if they can use your old newspapers for animal bedding.

83. Check your smoke detector. Put a new battery in if it needs one. Some detectors contain small amounts of low-level radioactive waste. Send used or broken detectors back to the manufacturer.

84. Use equal parts white vinegar and warm water to wash windows or glass. Dry with a soft cloth.

85. Install storm windows.

86. When using hazardous products, use only what is needed. Twice as much does not mean twice the results.

87. Arrange for a waste management presentation for your club or business.

88. Read publications that educate about long-term sustainability.

89. Educate your children about the environment.

90. Write a letter to the editor about your environmental concerns.

91. Get involved in a local treeplanting effort.

92. Learn about global climate change.

93. Join an environmental organization.

94. Research environmental legislation and write to your representatives in the state legislature and in Congress.

95. Think about the kind of Earth you would like to see for your grandchildren's grandchildren.

96. Plan an environmental activity for your club or troop, such as a recycling program.

97. Investigate the environmental record of companies you invest in. Write a letter as a shareholder to the company president or sell your stock.

98. Talk to friends, relatives and co-workers about the environment.

99. Copy this list and send it to your friends.

PLANTS

- Always choose a pot that's not more than two inches larger in diameter than the old pot.
- Blooming plants should be repotted after they're done blossoming, not before.
- To help reduce the shock of repotting, give the new soil a thorough watering.
- Clay pots should be soaked in water for a few minutes before you repot your plants. This prevents the clay from absorbing moisture from the potting soil.
- Fill a string mesh bag with suet and scraps of leftover food and hang from a tree limb for those cheery winter birds.
- Take old Christmas tree outside and stabilize in the ground. Hang grapefruit and orange cups from the branches with wire and fill cups with bird seed for the birdies.
- When you start seeds indoors, it's best to plant them in a small amount of dirt at first. Gradually add more dirt as the plant grows. Do this and your plants will be much stronger and do better after you set them outside.
- If you have a large garden, but not a lot of time to weed, put two layers of newspaper between your rows. This keeps the weeds down and saves you a lot of time.
- Plant pole beans next to sunflowers. The beans will climb the lower part of the sunflowers and you won't need any poles.
- Your African Violets will bloom longer, prettier and more abundantly if you stick a few rusty nails in the soil alongside them.
- After holidays—remove branches from the Christmas tree and put them over flower beds for insulation.



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